FREE

SWAY

FALL 2006

THE POWER AND RHYTHM OF A PEOPLE

MICHAEL LEE-CHIN

AN UNPRECEDENTED GLIMPSE INTO THE LIFE OF A CANADIAN BILLIONAIRE 18

PLUS!

Black in Blue

POLICE WHO ARE CHANGING THE FACE OF THE FORCE 40

CANADA AM'S

MARCY IEN

GLAM FALL MAKEOVER 50

20 YEARS OF REINVENTION

JANET JACKSON 66

61

ON VACATION WITH WILL SMITH AND OPRAH!

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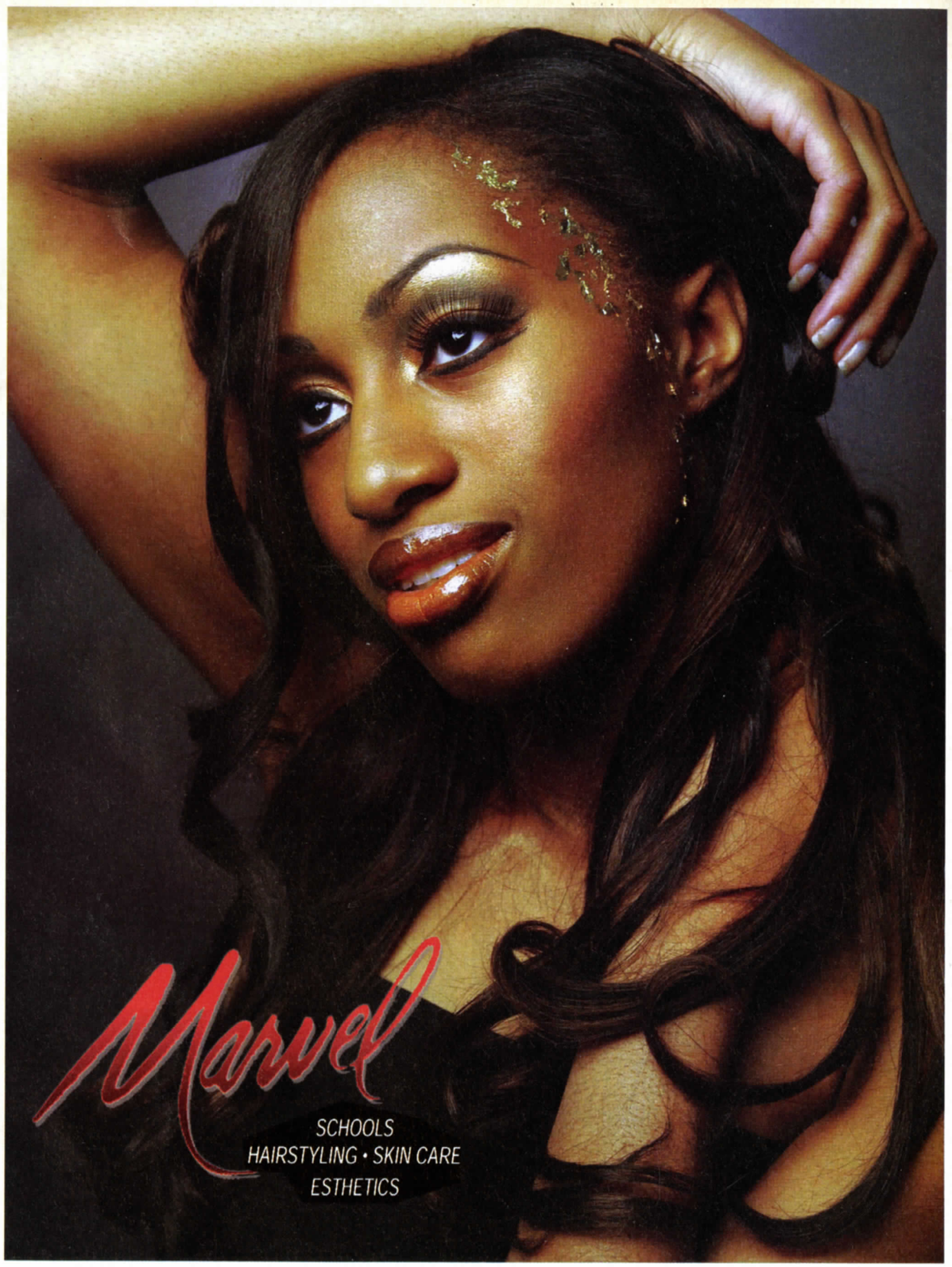

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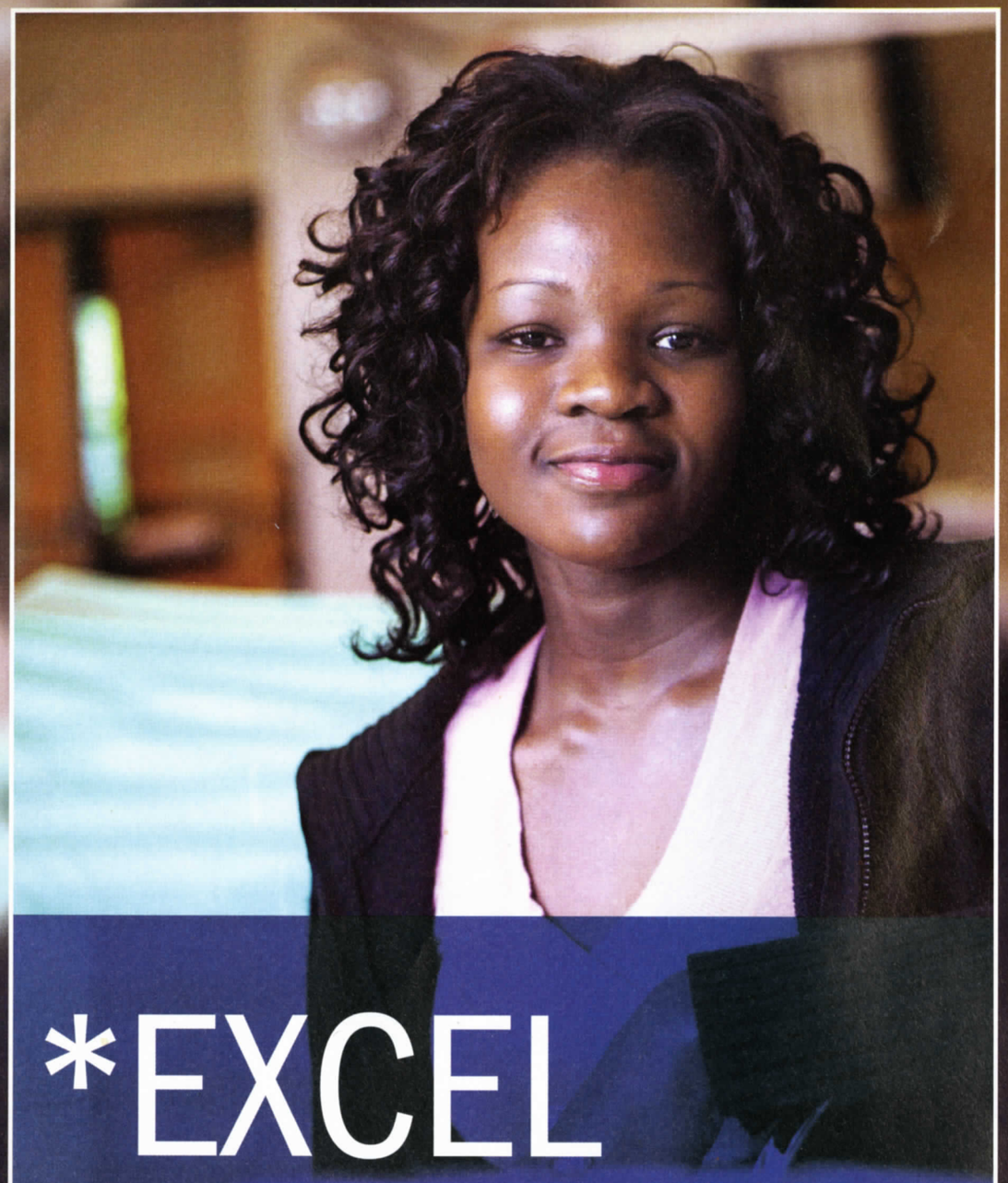

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As an academically challenging university, UOIT is committed to providing students with an outstanding educational experience. In just four short years, UOIT's award-winning campus has grown to over 4,000 students who share the same desire for excellence as the university.

Our leading-edge learning environment allows you to connect with your professors and peers any time, any where. Collaborate in the classroom, the lab, and the field, turning innovative ideas into real solutions, and be prepared to make an impact on society.

An award-winning campus

UOIT is located in the vibrant city of Oshawa, less than an hour's drive east of Toronto and in the heart of Durham Region. Part of the fastest-growing area in the country and predicted to lead Canada in economic growth through 2009 according to the Conference Board of Canada, Oshawa's thriving economy offers a variety of exciting career opportunities for UOIT graduates.

As the winner of the 2005 Innovation in Architecture Award from the Royal Architectural Institute of Canada, UOIT boasts a spectacular pedestrian-friendly campus, with plenty of natural light, comfortable meeting places, environmentally friendly features, leading-edge classrooms and labs, and modern on-site residences.

New state-of-the-art facilities are developed each year to provide greater opportunities for students. A 40,000-square-foot Engineering building will open to students in September 2006, and an Automotive Centre of Excellence – poised to become Canada's premier automotive research centre – will open in 2008.

A unique program mix

UOIT offers over 30 undergraduate and graduate programs in areas such as Business and Information Technology; Education; Engineering and Applied Science; Energy Systems and Nuclear Science; Health Sciences; Science; and Criminology, Justice, and Policy Studies. Some of the programs are unique among universities in Ontario – even Canada – and new undergraduate and graduate programs are developed each year to meet the demands of today's knowledge-driven economy. New undergraduate programs for fall 2007 include Digital Forensics, Digital Media, Forensic Physics, and Energy and the Environment. New graduate programs include Mechanical Engineering, Applied Biosciences, Materials Science, and Modelling and Computational Science. These programs are pending approval.

Enriched by diversity

UOIT's campus is enriched by its diverse student body, which is represented by students from over 35 countries. Among its many student clubs, UOIT is home to S.H.A.R.E. (Students for Humanitarianism, Action and Respect through Education) which will launch nationally this fall.

Not your average playing field

Proving it was up for the challenge, UOIT officially joined the varsity ranks early this year and is set to launch men's and women's varsity tennis and rowing programs this fall. The university also offers a variety of intramural sports including basketball, hockey, volleyball, and more. An expanded state-of-the-art athletic facility is scheduled to open in June 2007 that will offer a 10,000-square-foot fitness centre with a 200-metre indoor jogging track, aerobic/dance studios, and an expanded Campus Health Centre.

Scholarships, bursaries and more

UOIT offers a variety of scholarships, awards, and bursaries to assist undergraduate students with meeting the costs of university education.

With all this and more, what are you waiting for? We invite you to tour our campus and speak with our faculty and students about everything from programs and services, to student life and residence.

Contact information

UOIT
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PH 905.721.8668 FX 905.721.3178
www.uoit.ca

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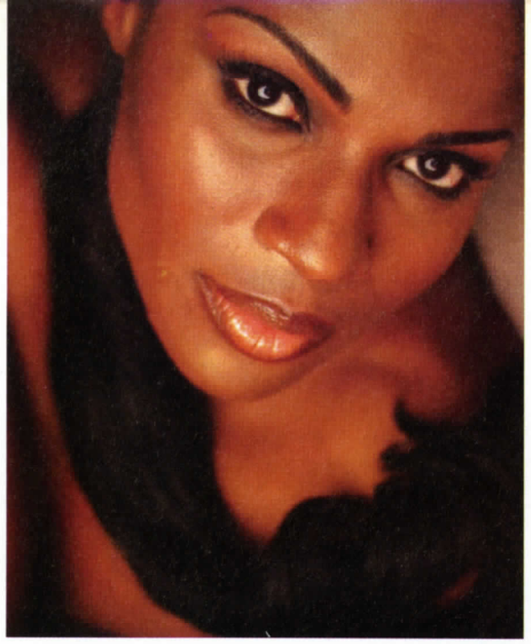

> "INDIVIDUALS WHO HAVE ACHIEVED GREAT THINGS HAVE BEEN GREAT DREAMERS."

When we began working on this issue of SWAY, my level of excitement was high. Having completed it, I am happy to say that it has exceeded my expectations. The man on our cover is a billionaire icon who has recast his and our community's experiences through tenacious hard work and hope for the future. His success is rooted in his adopted homeland of Canada, but it's seed was sown in his birth country of Jamaica, where he has since returned as a financier and philanthropist. This man is the exceptional Michael Lee-Chin. I had the honour of interviewing Mr. Lee-Chin during an unprecedented four-hour interview, during which I gained an inspiring insight into what makes him tick — his passion, his vision and, yes, his dreams.

Part of what affords us all the opportunity to realize our dreams is ensuring that we are not only mentally ready, but also have our health in top form. Our article on fibroids is one that will raise awareness and insight. It is something that affects an astounding number of women, even more so within the black community. Several years ago, I myself had surgery after complications with fibroids. My doctor recommended a treatment called Uterine Fibroid Embolization. The surgery was successful, and it positively impacted both my professional and personal life. Check out the Fibroids article on page [32] it may change your life as it has mine.

We have grown in size to include sections such as Travel and Home Decor. In response to the emails and letters from our readers, we have continued our education series exploring our ongoing challenges and successes in the educational system and the role of parents in meeting those challenges on page [26].

Check out our Fall beauty and hair tips with Canada AM's Marci Ien on page [50]. We also look at the challenges of policing in today's environment and the contributions of Ontario's top ranking black police officers [40]. Just in time for hockey season, our Legends section [72] profiles Willie O'ree, explaining how he handled his disability and overcame adversity and prejudice to become the first black player in the NHL. As well, there's a variety of other interesting and informative work in the pages that follow.

As Publisher, it is my personal commitment to you, the SWAY reader, to bring to you stories that are relevant and inspiring. This is why featuring self-made billionaire Michael Lee-Chin as our first male to grace our SWAY cover is an inspiration to ALL Canadians. Want more? Stay tuned…

"We have to realize that our behavior today is our history tomorrow. The question is what history do you want to write for yourself?" - Michael Lee-Chin, Chairman & CEO, AIC Limited

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Contents

14 **SWAY Letters**

15 **News and Notes**
Jamaica versus Canada; Star-studded Film Festival takes over T.O. and more

18 **Cover**
Behind the scenes with Canada's billionaire: An unprecedented candid one-on-one interview with Michael Lee-Chin

26 **Education**
From average to excellence: Helping youth overcome hurdles to achieve educational success.

Plus: Parenting Strategies for Boosting Children's Academic Achievement.

36 **Money Matters**
No credit is bad credit: how to establish it and empower your future

48 **SWAY Style**
Canadian beauty: An interview with Canada's first black supermodel Lana Ogilvie
Plus: Highlights from L'Oreal Fashion Week Fall/Winter 2006

50 **Beauty**
Makeover — Anchor for Canada AM Marci Ien shows us her glam side

Plus: Bye-bye summer: Hot beauty items that will have you excited for Fall

54 **Home Decor**
Plus: No Martha Stewart? Do-it-yourself touches to make your home your own.

Plus! Win a DIDDY Prize Pack 65
More Contest details inside:
contests@swaymag.ca

COVER STORY **18**

Behind the scenes with Canada's billionaire:
An unprecedented interview with Michael Lee-Chin

58 **The Good Life**
End of Summer dishes

PLUS:
Hot Spots that'll have you sipping margaritas with the stars.

64 **Culture**
Book Reviews: I Am A Child Of The Sun and One Percent
Plus: Fall reading previews

PLUS:
Janet Jackson: 20 years of Reinvention; and Justin Timberlake raises the bar on his latest CD

72 **Legends**
Hockey Great: Willie O'Ree — the first black NHL player — triumphs over bigotry to achieve greatness

"My parents, my country, the experiences — I'm blessed for all of those reasons because I didn't choose it, but I'm the product of those variables". Michael Lee-Chin

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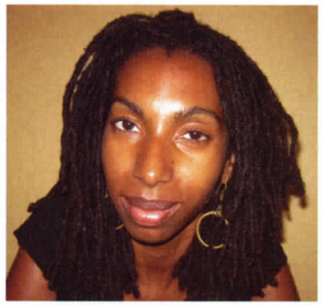

Saada Branker is a freelance journalist who covers current affairs. Her writings focus on colourful people and the social politics affecting their lives. Born in Montreal, Saada moved to Toronto in 1996 to attend Ryerson's School of Journalism and worked in broadcast news at the CBC for three years. In this issue, Saada explores fibroids, a condition many women will experience during their lives.

Patricia Green began her career as an international event planner. Her love of food and creativity led her to develop a line of products that have been featured in Bon Appetit, Good Housekeeping, Women's Day, and Parent's Magazine. In this issue, Patricia creates a romantic and inviting end-of-summer barbeque for her friends and family.

Lloyd McKell is the Executive Officer for Student and Community Equity at the Toronto District School Board. As an educator for almost 30 years, Lloyd had extensive experience in community development, race relations, and human rights issues and has worked with many diverse communities across the Toronto region.

Carion Fenn, owner of Carion Fenn Interiors, is an Interior Decorator & Designer who has appeared on CITY TV's, SUN TV's Echo, and Flow 93.5 FM's Room Renovation Contest. Ms. Fenn has also been featured in the New Dreamhomes & Condominium Magazine. In this issue, Carion shares simple design tips on making your home your own.

Delford L. Blythe is a Certified General Accountant in Canada and a Certified Public Accountant in the US who leads a private accounting practice serving individuals, small and medium-sized businesses, and non-profit clients across the GTA. In this issue, Delford provides crucial tips on establishing credit.

Terri-Lynne Waldron is originally from Montreal and has written for publications such as Flare and Metro. She is currently completing an undergraduate degree at the University of Toronto, studying Fine Arts, Caribbean studies and English. In this issue, Waldron shares the stories of black police officers who are making a difference in Ontario and takes a look at this Fall's sizzling music releases.

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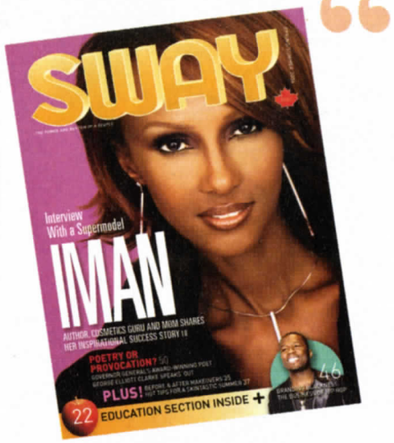

> "It is about time the Canadian media delved into the market of producing lifestyle magazines for Black Canadians."

We tell what sells

My uncle told me to read the article "Branding Blackness" (Spring 2006) because I love hip-hop. The article was telling you that hip-hop isn't what you think it is in videos. I was very surprised, but I'm glad I know the other side too. I definitely recommend this magazine to anyone. It's a wonderful magazine.

Kenneth Paul, Toronto

The article "Branding Blackness" was right on point and also very sad. If only these rappers knew that they weren't only selling blackness to the highest bidder, but ultimately selling an image that will further stereotype them and prohibit them from breaking out of the oppressive box they mistakenly think they're challenging.

Derek W., Scarborough

Iman's inspiration

I just finished reading your piece on Iman (Cover story, Spring 2006). Iman is an inspiration – and she's even more beautiful then she was years ago. I thought that it was great that she shared that she doesn't like her legs; it's nice for average, everyday women (like me) to know that even supermodels aren't perfect.

Teresa Lewis, Richmond Hill

Your cover story on Iman was great. It quickly captured the fire, spirit and confidence of one of my all time favourite super models. Her comment, "if you take less, you will always get less" is a poignant statement that I believe translates not only in one's career, but to all areas of life, especially for women. Good work Sway!

Anonymous

Giving props to parents

I wanted to thank Dr. Avis Glaze for writing the piece, debunking the myths about education — it always upsets me when I hear other cultures talking about the irresponsible job black parents are doing with their children. As a mother of four, I am proud to say my two oldest have graduated from university, while both my youngest have received scholarships to attend the universities of their choice. There are many black parents who have set their children on a path of achievement; it's time we reflect that in media.

D. Wilson, Toronto

Getting into the Sway of things

Sway is definitely a hot item. It is about time the Canadian media delved into the market of producing lifestyle magazines for African-Canadian women. The pages are bursting with bits of knowledge to intrigue even today's casual magazine readers. The Dining, Music, Finance and Beauty pages are among my favorites. Your beauty section is refreshing for professionals in the business world who are clueless about today's trends.

Melissa Campbell, Mississauga

I loved the 10 tips in the beauty section! You got a good and thorough variety of information across in a fun and concise way. It is important for all women to know how to take care of their looks, but often it is hard to know what we should be doing. This article was wonderful because everyone could get something from it.

Adriana Smith, North York

SWAY

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Chioma
Founder, Publisher, Editorial Director
chioma@swaymag.ca

Edward Keenan
Managing Editor

Chaka V. Reid
Editorial Assistant

Tyler Clark Burke
Creative Director

Jason Williams
Art Director, Production Manager

Louis Gomes-Pereira
Senior Graphic Artist

Editorial Contributors
Brent Bishop, Dr. Henry Bishop, Delford Blythe, Saada Branker, Michael Dauda Heather Greenwood Davis, Patricia Green, Catherine Farquharson, Carion Fenn, Darleen Hendrickson, Sean Liburd, Lloyd Mckell, Chaka V. Reid, Ettie Rutherford, LA Wade, Terri-Lynne Waldron

Advertising Inquiries
sales@swaymag.ca

Connie Fancy
Circulation Manager
cfancy@torstardirectservice.com

Distribution
Torstar Direct Services
416-596-4347
info@torstardirectservices.com

Andrew Grieve
Controller

Carol Peddie
VP & Group Publisher
Metroland Business Ventures

Sway
625 Church Street, 6th Floor
Toronto, ON M4Y 2G1
Phone: 416-596-4395
info@swaymag.com

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NEWS & NOTES

FILM

Tips from TIFF

The 31st annual Toronto International Film Fest (TIFFG), Sept. 7-16 gave audiences a gala preview of what to expect in cinemas in the coming year (celeb watch J lo).

The big-buzz Spike Lee documentary, *When the Levees Broke: A Requiem in Four Acts*, screened at the festival following an HBO special presentation on August 29th (the anniversary of the hurricane). The doc weighs in at four hours, each hour tackling a different aspect of the disaster and heart-rending stories of people rising above the destruction to build new lives.

Several titles made their world premieres at the festival: *SistaGod*, directed by Yao Ramesar, is a powerful film from Trinidad and Tobago about the coming of a black female messiah/superhero. *Gathering the Scattered Cousins*, a South African short directed by Akin Omotoso, explores the director's Nigerian and Barbadian ancestry. The United Kingdom film *The Last King of Scotland* (to be released by Fox Searchlight Pictures Sept. 27), directed by Kevin Macdonald and staring Forest Whitaker, delves into the dark tale of a Scottish Doctor (James McAvoy) in Uganda who becomes irreversibly entangled with one of the world's most barbaric figures, Ugandan President Idi Amin (Whitaker).

SPORTS

Foot-to-foot: the Canada-Jamaica soccer series

As Sway went to press, the Canadian national soccer team was scheduled to play the first of two international friendlies against the Jamaican Reggae Boyz. Here's a comparison of the teams.

CANADA
Nickname: None
Logo: Soccer ball with a maple leaf growing out of it.
First international game: 1885
International ranking: 82nd
World Cup appearances: 1 (1986: scored 0 goals and finished last)
Wins against Jamaica: 5

JAMAICA
Nickname: Reggae Boyz
Logo: Jamaican flag with a Football federation symbol on it.
First international game: 1925
International ranking: 74
World Cup appearances: 1 (1998: won 1, lost 3, eliminated in first round)
Wins against Canada: 5

MEET

Lincoln Alexander, Governor, Canadian Unity Council; Chancellor, Guelph University

Distinction: Canada's first black member of Parliament (elected in 1968); former Lieutenant Governor of Ontario (1985-1991); voted greatest Hamiltonian in history by readers of the Hamilton Spectator. **Quote:** "An education is what enabled me to serve as an MP, Lieutenant Governor and chancellor," says Mr. Alexander, Chancellor of the University of Guelph. "Without post secondary schooling, I believe my path would have been very different. These scholarships are therefore very important to me, and represent my heartfelt belief in the power of education and the importance of focusing assistance on those who are sometimes overlooked."

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Art Focus Programs:

Arts Focus Programs provide students in secondary school with many opportunities to perform, to work with guests artistes, to attend workshops and to view professional artistes performing. In dance programs for example, students learn dance vocabulary, the etiquette of dance, anatomy, nutrition, dance injuries. Students also study the history of dance, stage craft and music appreciation.

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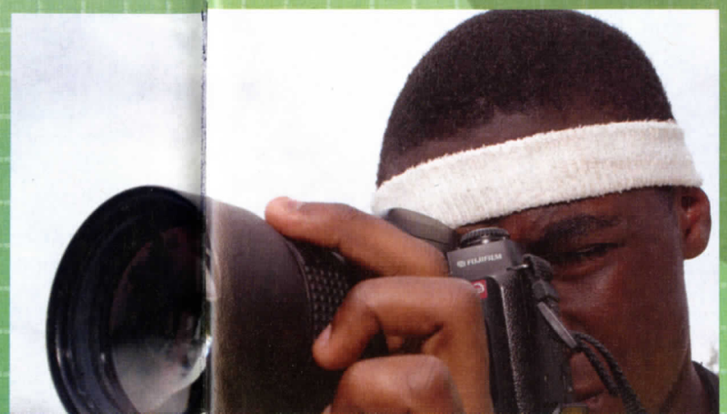
Students are encouraged to take part in the many and varied co-curricular activities as part of their school life. Students may opt to participate on school teams and compete with other schools in a variety of competitive sports and activities.

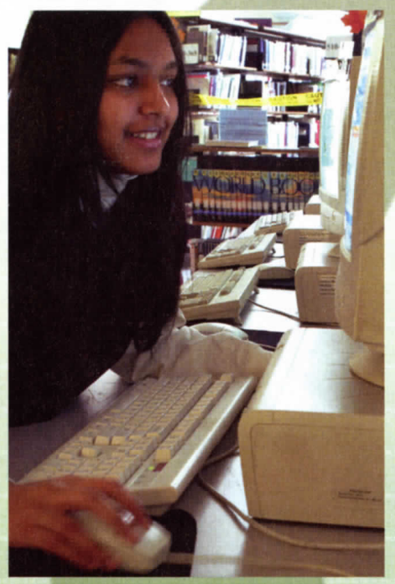
Entrepreneurship Programs:

Entrepreneurship Programs in secondary schools provide academic learning in an entrepreneurial culture which rewards: Innovation, accountability, goal setting, social responsibility, risk taking, problem solving and team building, accessible cutting – edge technology.



Teachers Make A Difference:

Successful learning depends on successful teaching. **TDSB** teachers work continuously to improve their knowledge and skills in the delivery of core and specialized programs, as well as in effective classroom management and teaching strategies.



Information Technology:

Specialized Information Technology (IT) programs are available in most secondary schools with several schools offering excellent training facilities. Graduates from such programs are skilled in a variety of technologies such as multimedia authoring, web design, network and data management, non-linear video editing, computer graphics, animation, broadcast applications, and a host of other skills and knowledge highly desirable for the next generation of communication specialists.

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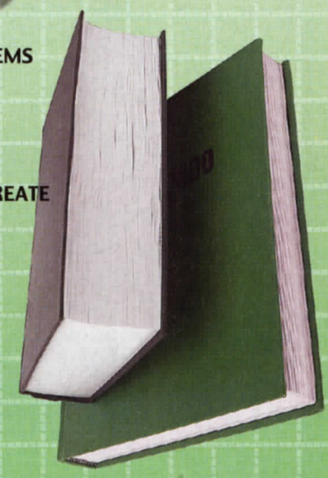

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FEATURE

Michael Lee-Chin

The Canadian billionaire explains the power of principles and the importance of giving back

BY CHIOMA

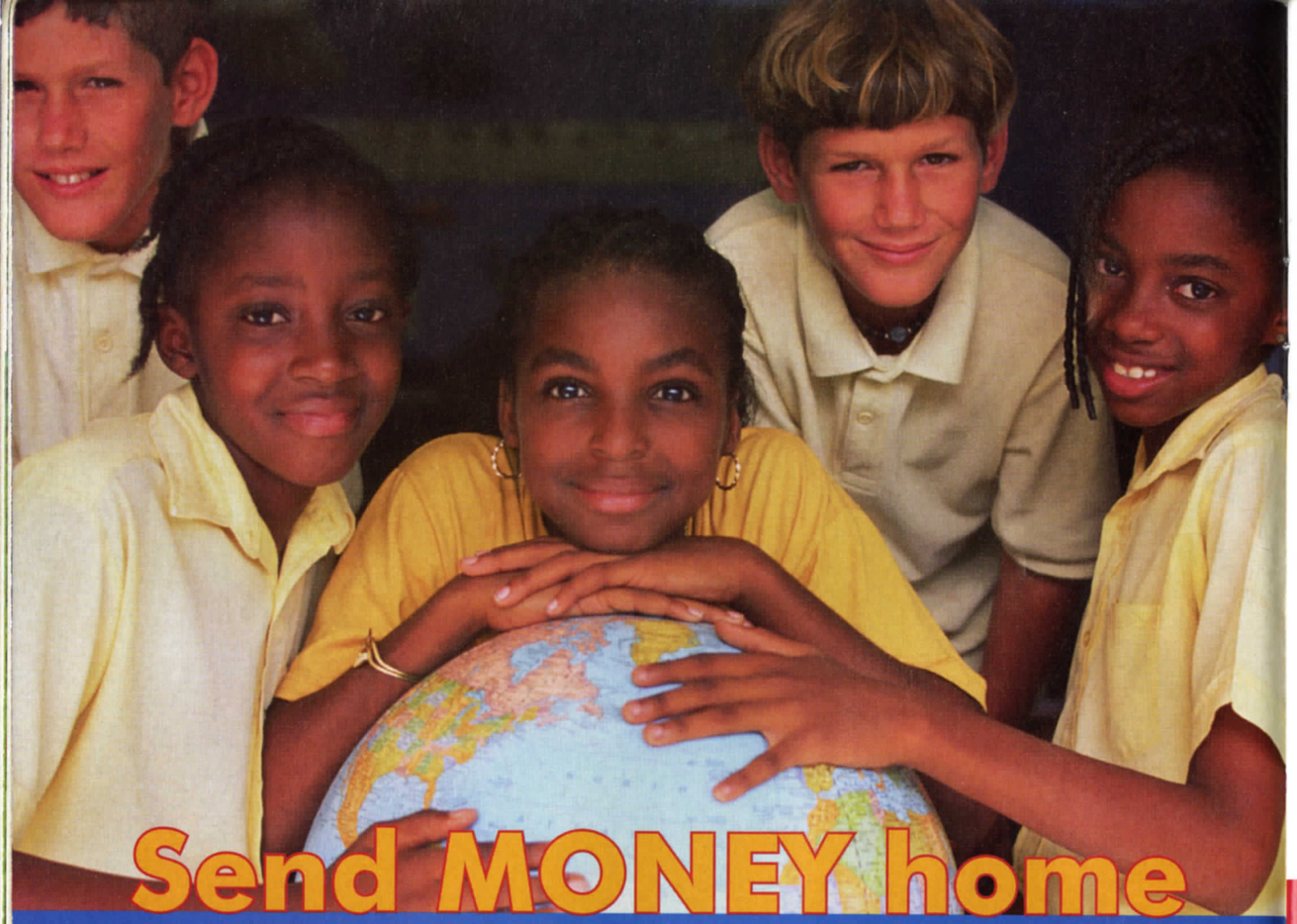
Michael Lee-Chin is a success story of rare proportions — born the child of a shopkeeper mother in Jamaica in 1951, he is today one of only three black billionaires in North America (Oprah Winfrey and Robert Johnson of Black Entertainment Television are the other two).

He built his fortune as the Chairman , CEO and principal owner of AIC, an investment firm he bought in 1987 when it held $1 million that has since grown into Canada's largest mutual-fund powerhouse with over $9 billion in assets. Lee-Chin credits his success to strong principles and a single-minded passion for taking the long-view of wealth creation, a philosophy he has summed up in the trade-marked phrase "Buy. Hold. And prosper."

A noted philanthropist, Lee-Chin made headlines when it was announced in 2003 that he would donate $30 million to the renovation of the Royal Ontario Museum. The landmark crystal addition to the Bloor Street entrance of the building designed by Daniel Liebeskind will bear Lee-Chin's name.

Always on the lookout for opportunities that others overlooked, Lee-Chin shocked the financial world in 2001 when AIC purchased the National Commercial Bank of Jamaica. Since then, he has made building the bank and building Jamaica a labour of love.

One afternoon early this summer, Sway publisher Chioma caught up with Canada's wealthiest black citizen for an unprecedented four-hour interview in which he discussed his upbringing, his success strategy, the importance of his Jamaican roots and why he'll never star in a Canadian version of *The Apprentice*.



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– ***PRIDE*** *Newspaper, December 10, 2003*

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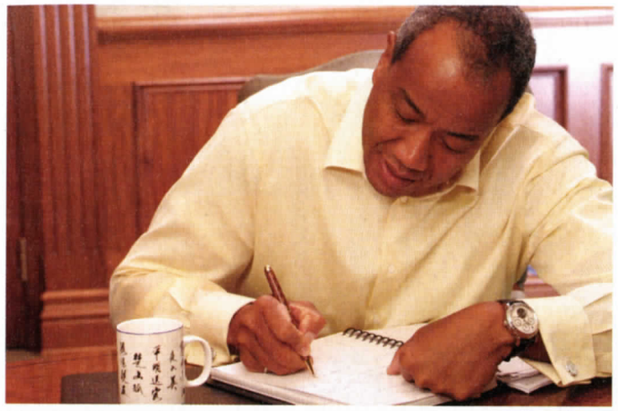


Michael Lee-Chin: Mapping out the long-term plan to success

Sharing his journey with Sway Publisher Chioma

> "If I'm going to be the most successful person that I can be, I have to find a cause — a mission, a purpose — and get behind it, because when you have a cause that evokes passion, when you have passion, that's what will have you move mountains."

CHIOMA As a young child, did you have any idea, any vision, of what you wanted to accomplish?

MICHAEL LEE-CHIN No. My mom would always ask me the question, "Mike why you are always the spokesman? Why do you think you should always be the spokesman for everybody?" I felt like I had to defend the underdog. I was the first son. I just had it in me.

You see, my parents had nine children and I was the eldest. Both my parents had three jobs, they were both clerks at a supermarket and in the early '60s — 1962, 1963 I was 11 or 12 — they were very ambitious and they had what we call in Jamaica, a dry goods store. We would take shifts between my mom, my dad, and myself. I would leave school and go down to the shop and I, at 11, managed the shop, from cutting the cloth to selling buttons, to selling brassieres.

Does your mother still have a big role in your life?

Certainly. I felt fortunate when we bought the [National Commercial Bank of Jamaica (NCB)], that now I can go to Jamaica every month, and I spend a day with her in Jamaica. Every time I go on vacation, three times a year, she's there with me — she's always with me.

You emigrated from Jamaica in 1970, when you were 20 years old. As an immigrant, do you think you experienced Canada differently than some of your peers in the business world?

Do I think I've experienced Canada differently? Well, I came in 1970, I started working and I went back to Jamaica from 1974 to 1976 because at the end of first-year university I got a scholarship from the Jamaican government to take me through the rest of university.

[At the end of my first year,] I was desperate, I had no money. So I wrote to the prime minister of Jamaica. The argument I gave to him was the following: every year, I notice that you send out an assemblage of recruiters to recruit fourth-year students. Now I'm a starving first-year student, I've been writing to your service commissions to no avail. You cannot harvest if you don't sew.

So he wrote me a letter and said, "Next time you come to Jamaica, come and see me." So I took $400 from the $600 I had saved and bought a ticket and went back to Jamaica. I had no choice, I was desperate.

I didn't meet with him, I met with the permanent secretary and presented my marks. And on the basis of my marks and my need, I got a scholarship for the next three years for $5,000 dollars per year. So I went back and did my two years.

I don't know if it's the water, I don't know if it's the environment, there's something in Jamaica that instills confidence in us. There's something. Because for a small nation we are very strong, the culture is very strong, for a small nation the athletes are very dominant. In the last Commonwealth Games, we won every single sprint event.

Your spirit is in Jamaica?

Very much so. I am the person I am because of Jamaica. I'm here because of Jamaica; my formative years were in Jamaica. I got a scholarship to complete my engineering degree because of Jamaica.

Tell us about the early years.

I started selling investments in May of 1977. I was 26 years old. I am a very shy person, and I'm not naturally outgoing. I had to train myself to sell investments.

I was a bouncer before that at the student pub. My friend came in one night and he said, "Mike, tonight I just made 200 bucks." And I was making $2.50 per hour in 1977. So I said, "200 hundred bucks? It will take me 80 hours of bouncing bodies to make 200 bucks. You made it in one night? I don't believe you." So the next night he came, "Mike I made $400."

"400 bucks! It'll take me 160 hours of bouncing to make 400 bucks. Whatever he's doing, I'm going to check it out." So I went onto Investors Syndicate, they gave me a psychological test. I failed it because I was being a smart person. But they must have been desperate — they must have liked me, because they gave me a job.

I had no business contacts. I'm selling investments. Who do I see? So I'm stressed out now, so I took Friday, Saturday, Sunday — my mom was coming to visit with me from Florida. Her plane was delayed for two hours, so I thought, let me just go and drive around the neighborhood of the Toronto airport and just kill some time and think about who I am going to see next week. So as I'm driving, I thought, "Mike there they are. Those are the people you're going to see, over there tending their gardens

So I said, "The next person I see, I'm going to put my foot on the break, close my eyes, grit my teeth — nervous as hell — and jump out of the car and go face to face with this person, and I'll have to say something. Which is what I did.

What did you say?

"Good afternoon, I'm in the neighbourhood speaking to members of the community on how to save taxes, and with your taxes saved, use the money to create wealth. When is good for you, early next week or later in the week?" Six approaches, five interviews. Beginner's luck. Within the first month I made $10,000. So I went out and bought a Mercedes Benz.

You've summed up your business strategy as "Buy. Hold. And Prosper." Are those words — or the principles behind them — applicable to life outside of business, too?

Ah, yes because implicit in that mantra are two things. Number one: to be successful in life you have to have principles. And secondly, to be successful in life you have to think long-term. You have to stick to you're principles and you have to think long-term, because there is a totally different behavior when you think long-term versus short-term. It's easier to make the right choices when you think long-term. It's very easy to make decisions when you are ensconced in strong principles.

How do you inspire and motivate people who work for you?

Well, you know, people are not very complicated. We make it complicated. I think if you show people basic respect, you get an actual reaction that's equal and opposite. You show respect you get respect. You have ambitions, you genuinely are wishing well to others, I think it will show. That's what it is for me that resonates from my own life's experience because my mom was an orphan. She therefore she had no support mechanism. She had a son — me — when she was 18 years old. My father took off before I was born, so it was her and I. At the time, young women in Jamaica, their out was to go to England and become a nurse. She refused to leave her son.

So when I think of where I'm coming from and how I've gotten here, I attribute it to a lot more than what I have done. That became indoubtedly clear to me on March 19, 2002, when I was in Kingston, Jamaica just about to write the cheque to buy the National Commercial Bank.

The National Commercial Bank, by way of history, harks back to 1837. It was a colonial bank of Great Britain. So on that day that I bought it, I thought, "How is this possible?" In the early '60s, my father — my stepfather — went to apply for a job at the National Commercial Bank and was turned down. He couldn't get a job as a clerk at the bank because his colour was not the right colour.

So I said, "How is this possible that the son of an orphan can now be buying the National Commercial Bank, with its history"?

There's one special friend that I have, his name is Donavon Lewis. I met him when I went back to Jamaica after university. It was leaked to him that I had gotten the bank — that cabinet had approved it — before I heard officially. So he called me and he started crying. Because we would run around that bank and look at this magnificent edifice and what it represented, and gawk as young men. And for him to think that his buddy one day was able to buy the bank — he started to cry.

So I thought, when I was born, I didn't choose the country in which I was born. God bless it. My parents, my country, the experiences — I'm blessed for all of those reasons because I didn't choose it, but I'm the product of those variables. My conclusion is that I'm put on this earth for a reason, and therefore if I were to stop and harvest the bounties, I would be shortchanging the reason I'm here.

Unlike fellow billionaires like Donald Trump or Richard Branson, you keep a very quiet public profile. Is this intentional?

Nelson Mandela and Michael Lee-Chin

TRAILBLAZERS

"In 2002, I went to South Africa to meet Mr. Nelson Mandela, and Oprah was there. At this charity event, I was sitting with Mandela's wife, Oprah, Desmond Tutu and his wife. One of the items being auctioned was a set of three paintings, water paintings, created by Nelson Mandela. He had painted his memories from Robben Island. Each painting was expected to go for 500,000 Rand, which was about US$50,000 at the time. The people at the table had underestimated me because they didn't know me. I'm sitting there, and it's 100,000 Rand 300,000, 400,000, 500,000 — at 500,000 going once, Oprah stood up. So I said '510,000.'

"Now she's angry, because who the hell am I? Oprah says, "600,000." I said a million. She said $1.2 million. I said, $1.22 million. And it goes up, 1.22, 1.23, 1.24, 1.25. I finally say, 1.9. She says 2 million. I say, 'have it.'

"After the bidding, I lean over to her and say, 'Oprah, I'm really happy for you, because tonight you got three memorable paintings but, more importantly, I'm happy for Mr. Mandella because tonight we really picked your pocket well. It was for a good cause, right? She said, 'Mike I haven't had so much fun in a long time.'"

"We have to realize that our behavior today is our history tomorrow. The question is what history do you want to write for yourself?"

No, I'm a naturally shy person. But I had to train myself in order to get the job done.

Having said that will we one day see you starring in Canada's version of The Apprentice?

Never! [Laughs] It's not my personality. I think because I'm not known everywhere, I'm not socializing, there's this mystique. They present me in the way they want to present me. We have not tried to shape how I am presented.

You're known as a very generous philanthropist. What's your perspective on the importance of giving back?

I can articulate it better because of the thought I had on March 19, 2002: How did this happen? The son of an orphan, buying a bank. Where does that happen in the world? Doesn't happen. So number one, I was blessed to have been born in a country that nurtured my confidence. There are hundreds of millions of children who are born at the same time, who were born in a country that did not nurture their confidence.

I was blessed to have been born to parents who gave me values and led by example. There are hundreds of millions of children who are born to parents who didn't give them values and didn't lead by example.

What are my responsibilities to those people who are less blessed? I was born in an era where I can own, I can dream. Had I been born 200 years ago, I couldn't own anything; I would have grown up as chattel.

Let me tell you what is my driving force. Most people don't realize that Falmouth, Jamaica, which is a north-western town, had running water before New York City. Most people don't realize that Black River, on the southwest coast of Jamaica, had electricity before New York City. Most people don't realize that Jamaica got the railway before New York City. Jamaica is the second country in the world to have gotten the railway. England was the first.

In 1902 — think about this now — in 1902, Jamaica was the jewel of the British commonwealth. More important than Canada and Australia. Jamaica was the jewel, because of sugar.

I don't want to have to answer to my grandchildren, when they ask "Grandpa, you're part of that [sharp decline], so how can you expect more of me?"

So, therefore, what am I going to do about it? We know where we should be, we know where we are and it's a shame on us. That's where the Diaspora comes in. What contribution can you make, Diaspora?

To put back because I am me for all the reasons given. We (Jamaica) have been deluded and we have been deluding ourselves also by shipping money out and thinking that we should have our long-term savings in Toronto, in New York outside of Jamaica instead of compounding it in Jamaica.

So the first thing I did, as the chairman of the National Commercial Bank, was make a commitment: we will not repatriate one penny of dividends from Jamaica to Canada. We won't do it because that is anti-compounding. That is anti-wealth creating.

Secondly, we said we are now going to reinvest in education, because you have to. So we have the credit card called the Key Card. Because we own it we don't have to make the royal remittance to Visa or MasterCard. So that extra one percent [that would normally be paid to Visa or MasterCard in royalties], what we do is take that 1 per cent and put back into education. So every time you use your Key Card, 1 per cent goes into education. That is how you educate a nation.

What advice would you give to hard-working people looking to get ahead?

When you follow your passion, that's when you optimize your chance of being successful. In your life you will need to be committed, and you will commit if you have a strong passion.

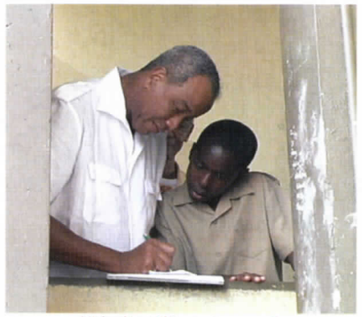
What advice can you give to our young people?

When you're living and going through the moment, your perspective may not be perfect. But once you've had a few experiences, and you're at the age when you have some maturity, you'll realize in the long run a few things will be important.

So we start from the end — what do I want to be known for? — and then think about, what do I have to do today to get there? We have to realize that our behavior today is our history tomorrow. The question is, what history do you want to write for yourself?

The good news is you control your behavior, the behavior that will eventually control your history. You control your behavior, therefore, you control your history. What do you want for yourself? Picture it another way: what do you want for your children? And shouldn't you have to lead by example? You make your own destiny.

We talk about looking at our black community. Fatherless fathers, young boys that are growing up who don't have that father figure. Can you comment on that?



Michael Lee-Chin mentors a youth

It's an unfortunate fact. It's a reality — my reality too, but I was fortunate that my mom married a gentleman when I was seven and he gave me my foundation. We all have to have role models. And we have a choice of who our role models are. So if someone is angry, you have to catch them at the moment that they're not angry. Because when you're angry, you can't think. So that's the first thing: you have to catch them when they're not angry. When they can listen to rationality.

Last week — Tuesday — I was in Jamaica, exercising in the morning. I was walking back home and I saw this one fellow, a young man, sitting in the shed and he was just mad. So I stopped and I said, "Boy, why are you so mad? You have such a handsome face. What's the problem? Smile." And then I said, "Have a good day," and I walked on.

He came running behind me, and he said, "Sir, I don't know you, but I think you might be able to help me." And he started telling me his life story.

He said to me, "Sir, when I was in primary school, I would come first or second in my class. My parents didn't have anything to do with me when I was growing up. So I've never had anyone to lead me or guide me." He's about 22. "And today, I work with a lady who really abuses me and that's why I was angry, sitting there and thinking I didn't sleep last night."

And I said, "How much do you get paid?"

And he said, "$2,500 Jamaican per week." Which is about US$40.

Right. So I thought, Oh my gosh, this is something else. So I asked, "How do I get in touch with you?"

And he said, "Through my mother." So I got his name, Wayne Ellis, and his address — how to contact him through his mother's work. I'm now thinking, how can I give this person an opportunity? Because if I don't, that anger is going to go wayward.

We need to connect with these people, these young men. We need role models who can connect, We need to have the medium to connect. In Jamaica, a teacher would make a subsistent level of salary, whereby a Don drives a BMW, has big cargo jeans and watch. Who would you want to be as a young influence-able person?

We need more male role models. We need to have the medium where they can communicate and they are receptive enough to listen. They have to listen and they have to see communality.

Holding for the long term is a constant battle. Has there come a time in your journey, where in your own quiet time, that you've gone and closed the door you've quivered?

Of course, I'm human.

How do you overcome that?

Go back to your principles, your beliefs. You see the key is, you need two things: principles and thinking long term. How do you overcome it? You go back to your principles and you realize I'm quivering because I'm becoming emotional. And when you're emotional, you are apt to allow your emotions to control your decisions and you will go against your principles. Ready. Aim. Fire.

Galen Weston, Hilary Weston and Michael Lee-Chin

THE LOBLAWS CONNECTION

"In March 2003...Hilary Weston [the former Lieutenant Governor of Ontario and wife of Galen Weston, Canada's second richest man called. She wanted to meet with me.

"The Forbes billionaires list had just hit the newsstands. I'm reading this magazine and opened the centerfold and what did I see? A photograph of Hilary Weston and Galen Weston, juxtaposed beside myself....

"The next day, when Mrs. Weston came, I said, 'Mrs. Weston, we have never met but, our family histories intertwine — in 1963, my mother was your brother-in-law's bookkeeper. In 1964, I got my first summer job at his hotel, as a groundskeeper.... But the pièce de résistance was last night, Mrs. Weston when I opened the centerfold, there we were.'

"So I said, 'How may I help you?'

"She said, 'Mike, we have this project, Renaissance ROM, and it's a $200 million project. We need a lead donor and nobody is stepping up to the plate.'

So I said, 'What does that mean, Mrs. Weston?'

And she said, 'Well, it means we need you to write a cheque for $30 million.'

I said, '$30 million? Mrs. Weston, why would you come down to Burlington to ask a poor Jamaican for $30 million when all you have to ask your husband?' I posed the question to see what her answer would be.

"She said, 'Mike, everybody knows Galen can write the cheque. But if Galen wrote the cheque, it would be business as usual. It wouldn't move the meter. But if you wrote the cheque, it would be an inspiration to every single Canadian, every single new Canadian and every single immigrant.'

I thought, oh my gosh. Checkmate. My only solace was that she didn't ask for more.

A day in the life

While many believe the life of business tycoons consists of cocktails and power lunches, Michael Lee-Chin says that discipline and a normal routine have been the keys to his success.

5:30am Wake up, "do some reading, have breakfast."

7:00am Work out: "I want to optimize my ability to be productive, and you can only optimize your ability to be productive if you're fit. It's also a discipline that I have -- from not working out, I feel that it's a slippery slope. My greatest fear is that success begets complacency begets failure."

8:30am Leave for work

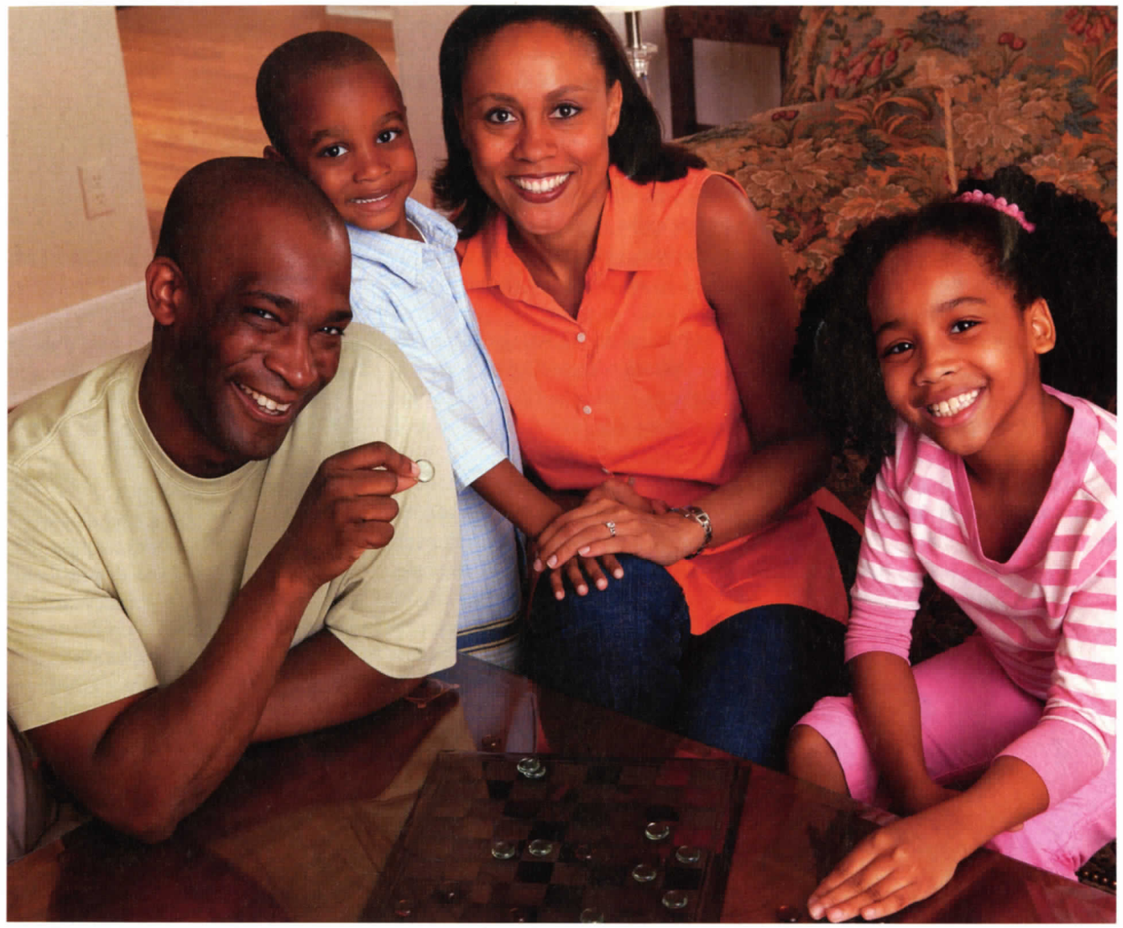
9:00am In the office

12:00pm "I've always gone home [for lunch], I've done that ever since I was a child. Even at work, I would walk home for lunch.... I eat three meals at home every day; just Jamaican dishes... my favorite breakfast is mackerel and banana and banana and yam, because it's natural and it sustains you."

1:00pm Return to work

7:00pm "We leave here typically around 7:00. I then go home, have dinner, read again, go on my computer."

11:30pm Go to sleep.



Closing the achievement gap

Not every student will be a scholar, but all of them should get the tools for success from our schools

By Lloyd McKell

In June 2006, 15,192 Toronto District School Board (TDSB) students graduated from secondary schools. Of these, 45 per cent earned the distinction of Ontario Scholar—meaning they achieved a grade of 80 per cent or higher in their top six graduation credits. The Ontario high school curriculum is no cakewalk, and these students should be congratulated for a job well done.

However, a student does not have to be an Ontario scholar to be successful. Many students graduate with less than an 80 per cent average and go on to great accomplishments in post-secondary education and in the workforce. They lead productive lives, gaining benefits for themselves, their families and the society at large. All these students deserve our congratulations and our continued encouragement for the challenges that lie ahead for them.

But as we celebrate these accomplishments, we must also consider those who have not been successful in graduating. We know that there are far too many students who struggle through their school career and leave our schools without the knowledge, skills and attitudes necessary for success after high school. Their educational paths come to a premature halt and they face futures with unrealized goals and unfulfilled dreams. Several are able to resume their education at a later time with the proper guidance and motivation. Too many others go from failure to failure and are unable to turn their lives around.

This is a matter of serious concern for families, communities, and school boards. We know that student success requires

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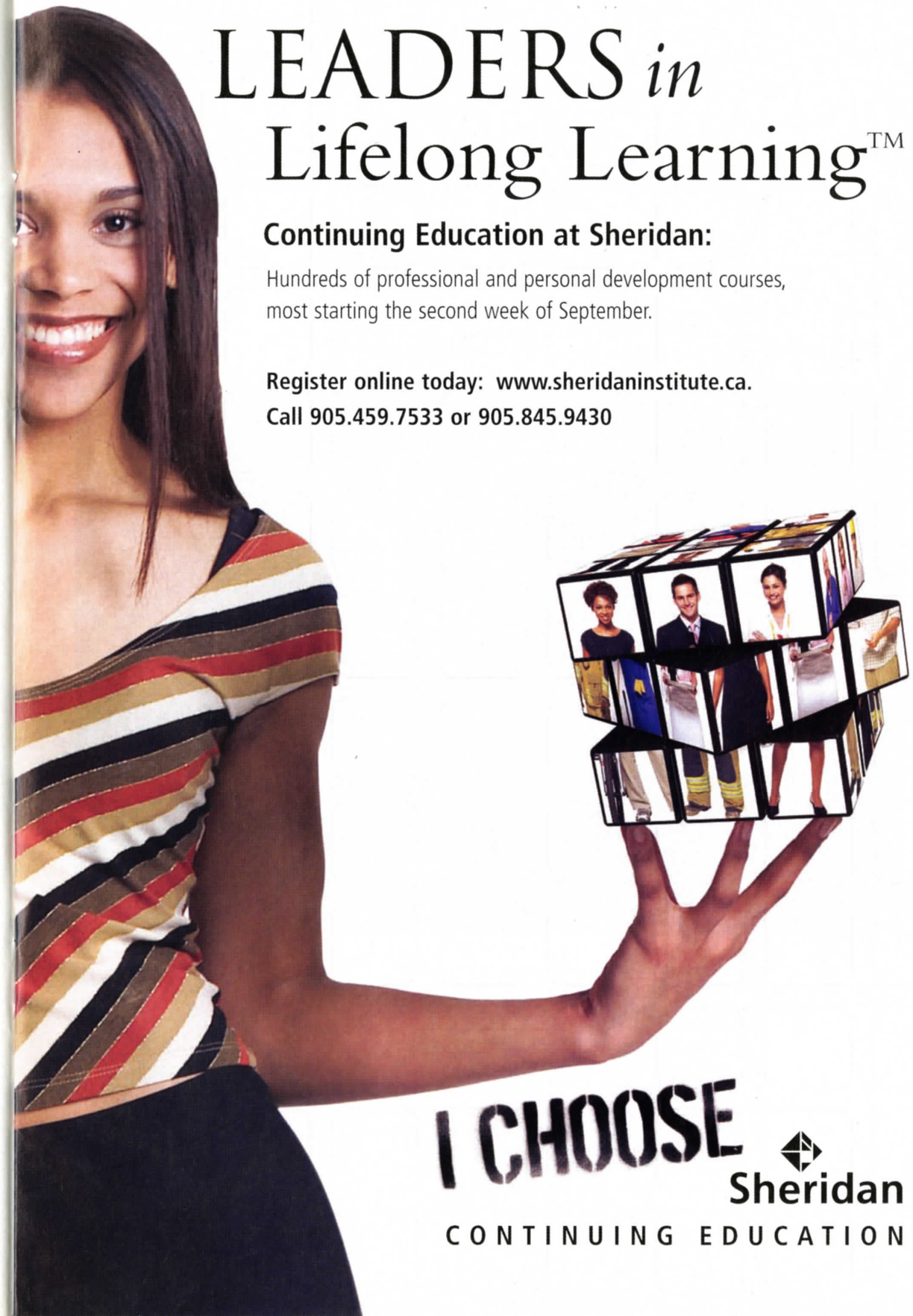
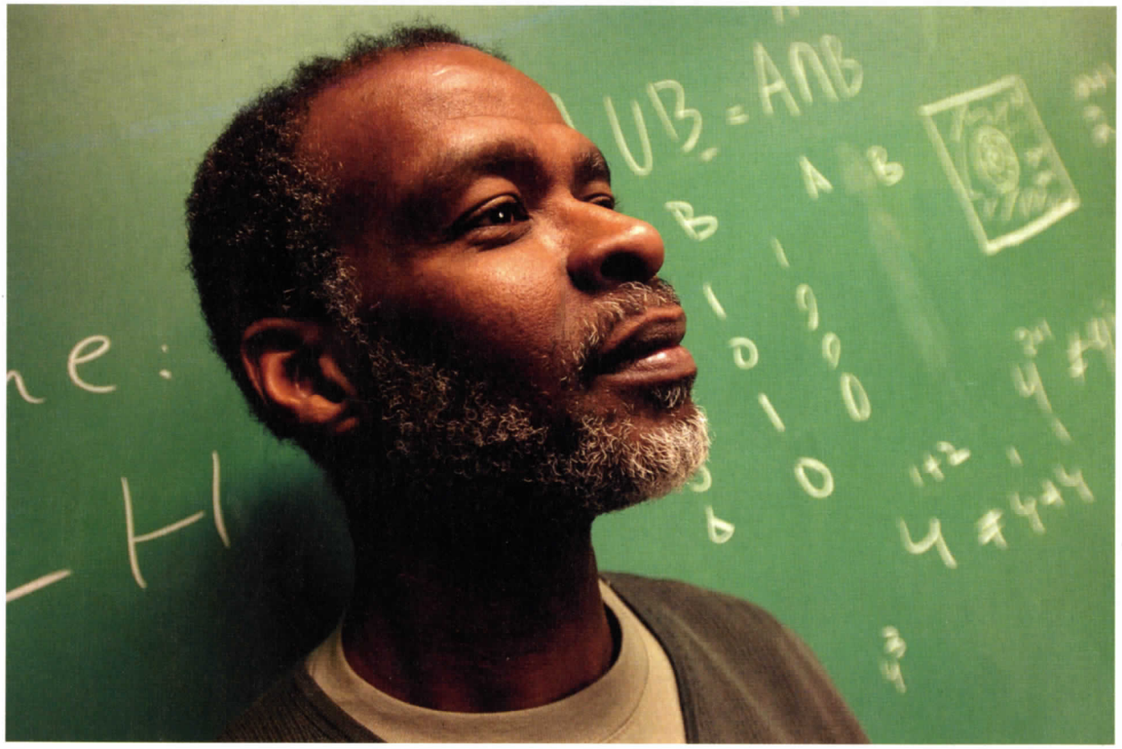


I CHOOSE Sheridan
CONTINUING EDUCATION

hard work from the students themselves and a commitment from them to do their best. But the fundamental challenge of the school is to offer the most effective learning environment for students, an environment that combines high quality instruction, high expectations of all students, a caring and compassionate approach to students and their families, an inclusive environment which values and respects the diverse backgrounds and identities of the students, and the supportive involvement of parents and guardians in their children's education.

The TDSB serves an extremely diverse student population, with students from a vast spectrum of racial, cultural, language and socio-economic backgrounds, differences in levels of education, and differences in life experiences. Recent studies have shown a pattern of lower academic achievement for some groups of students. For example, Aboriginal students, students from the Caribbean, from East Africa, Latin America and



students of Portuguese descent have lower rates of graduation than other groups. The persistence of this achievement gap requires long-term concerted action planning in order to resolve it.

In the 2006-2007 school year, the TDSB will undertake an extensive research program through confidential student and parent surveys that will provide important tools to help close this achievement gap. The surveys for students from Grade 7-12 will be completed in November 2006, and will gather data on student characteristics such as age, gender, language spoken at home, racial and ethnic background and the socio-economic circumstances. The survey will also ask students a variety of questions about their experiences and aspirations in school and outside of school.

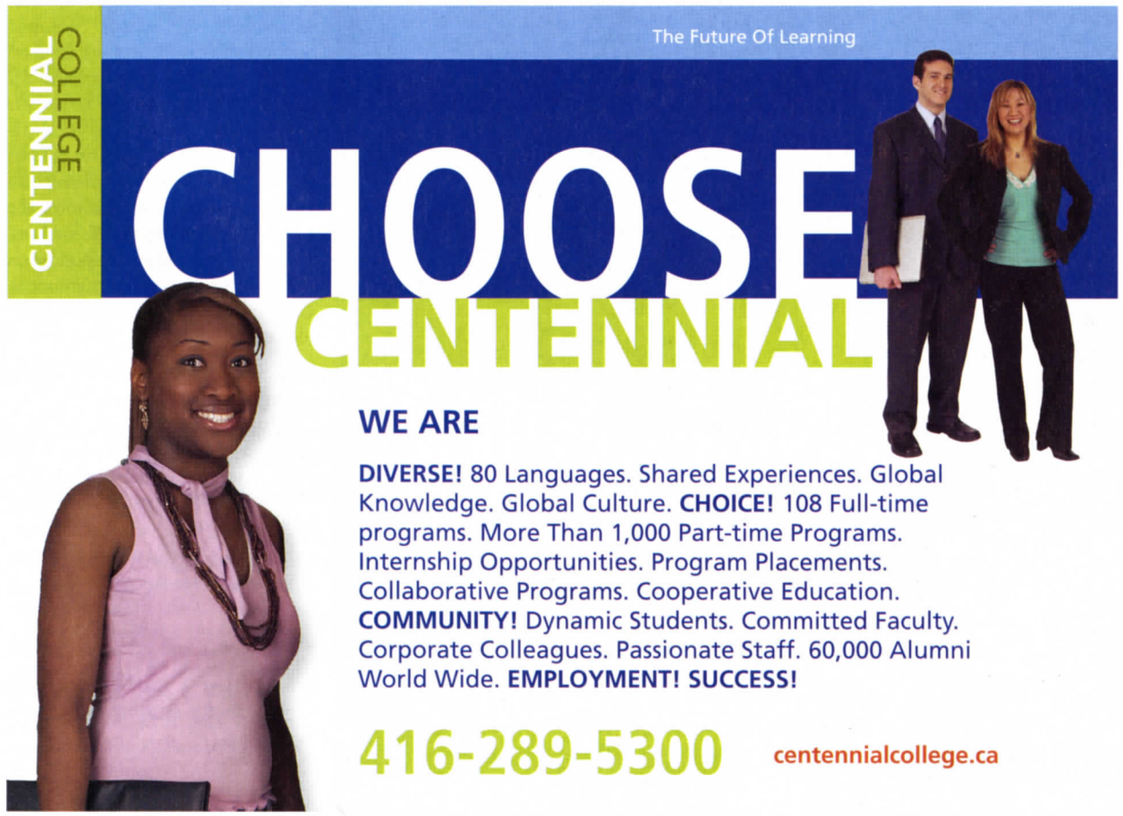
Parents will complete the information for students from junior kindergarten-grade 6 in March 2007. This data will be correlated with student achievement data (standardized testing results, report card information, etc.), which are already collected by the school board, to permit tracking of students' progress.

This research will enable the TDSB to assess current intervention strategies and design more effective programs to help students who need enhanced support. It will also help the TDSB to identify and remove systemic barriers that may limit the achievement of students from diverse racial, cultural and socio-economic backgrounds. The TDSB will also use this data to allocate resources to where they are needed most.

The challenge for the school system is enormous. However, schools cannot address this challenge in isolation. The active support of parents and guardians is critical to student success. So is the commitment to ongoing partnerships between school boards, community agencies and all levels of government. These partnerships are critical to establishing conditions that promote success for all students from pre-school to adulthood in their academic and social lives.

It may not be realistic for all students to become Ontario scholars. It is reasonable to expect however, that by committing ourselves to working together to create environments of excellence for all students, especially for those who need the most support, we will significantly increase the rates of successful graduation from our schools.

“The challenge for the school system is enormous. However, schools cannot address this challenge in isolation. The active support of parents and guardians is critical to student success.”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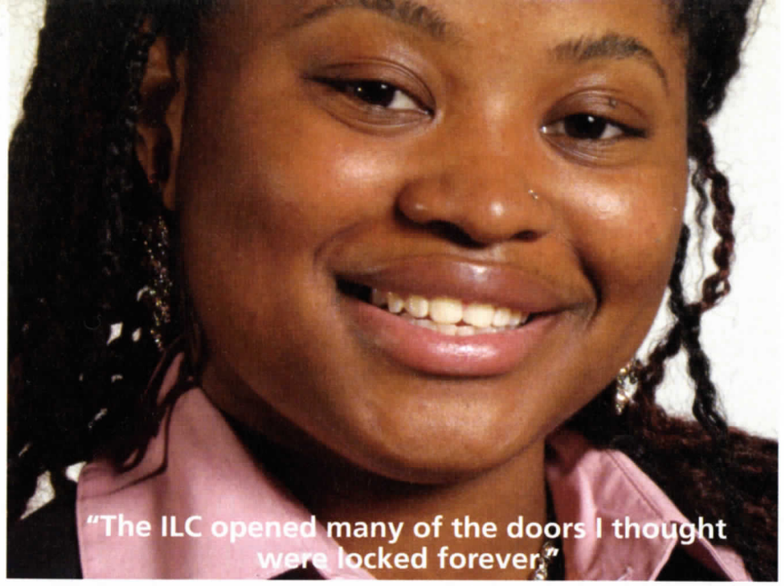

ILC Graduate, Alana Lowe

Struggles during her teen years led Alana to leave school, six credits shy of graduation. She had a dream of becoming a journalist, but knew it was impossible without her high school diploma.

After learning about the Independent Learning Centre (ILC) as an alternate means to earn credits, she enrolled in an English course, and earned a mark of 87%. Her grade boosted her self-esteem and belief in her writing skills, and her dream began to turn into reality.

Even though she was always working or volunteering, ILC courses enabled Alana to study on her own schedule - on the subway or when she had time at home. With the ILC's help Alana earned her high school diploma, and went on to receive the prestigious Harry Jerome scholarship.

Today, Alana is in her second year of the Journalism program at Humber College, is a social activist, and the co-host of a community-driven news show. "I made it! I wonder where I would be if were not for the ILC's compelling contribution."

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Parents! Children! Education! The Ongoing Struggle

By Ettie Rutherford

Though it's very challenging, the task of being an effective parent can be the most rewarding experience of one's life. The most arduous of the challenges parents face is how to help their children succeed in the educational system. So many parents wrestle with the problem of how to assist with the present curriculum, which from Grade One is so very different from the "Three Rs" they learned years ago.

Studies have consistently shown the strong correlation between parents' involvement and children's achievement in school, meaning parents' concerns about how to help are justified. Clearly, the responsibility for educating children belong to parents first, next the school, and then the broader community. However, parents need to understand that meaningful support does not always involve the actual teaching of school subjects, but rather, providing the foundation for optimum academic achievement. The home, after all, is the child's first educational institution.

Here are the areas parents should concentrate on:

- Establishing a working partnership with their child's school
- Reviewing the school board's formal power structure
- Consulting regularly with teachers rather than waiting for report-card time
- Volunteering with school activities
- Soliciting a teacher's specific suggestions for assisting the student to improve.

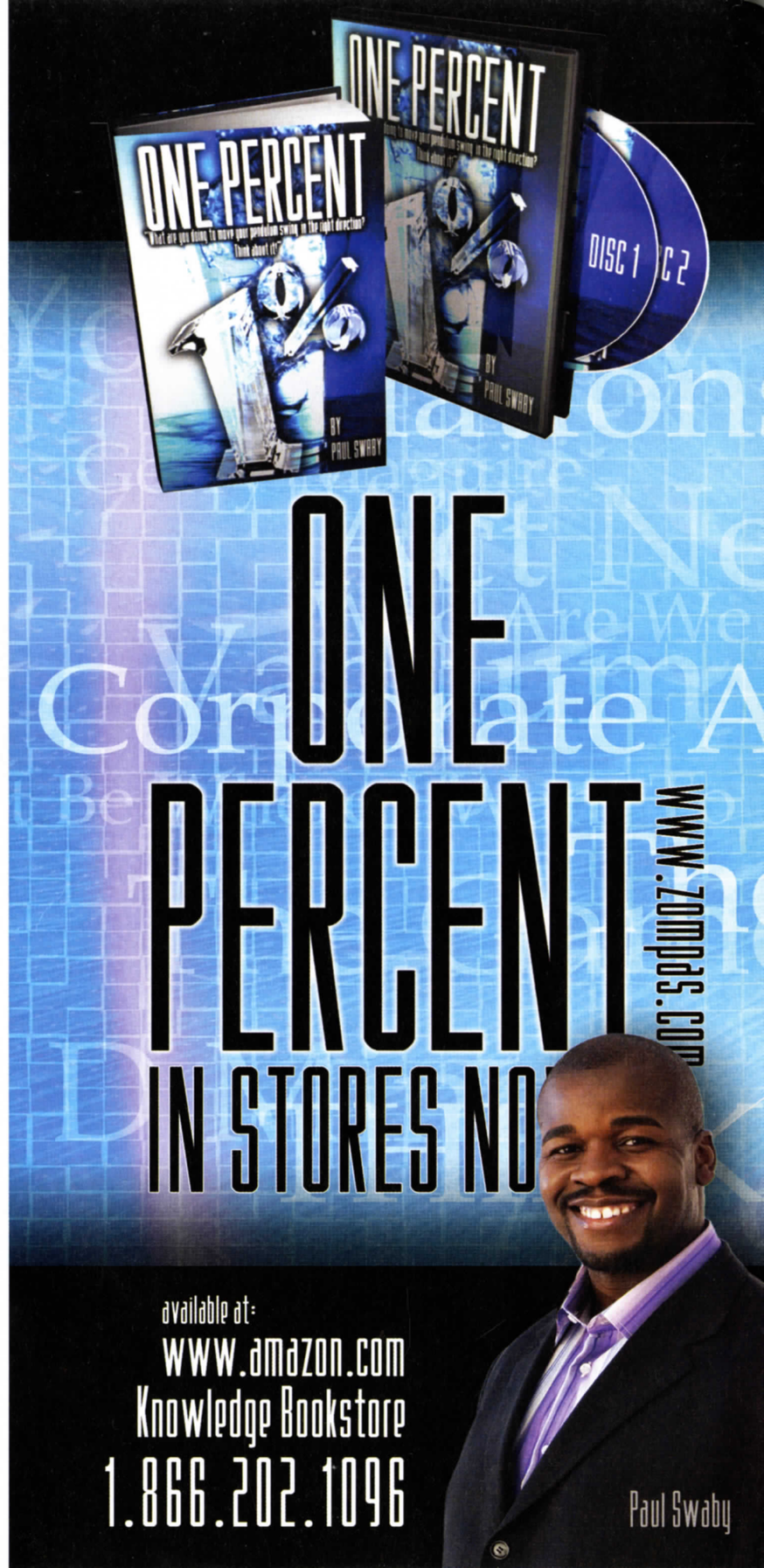
At home, parents must reinforce the school curriculum by taking their children to the library and encouraging them to borrow books, providing a wide variety of books and magazines to augment general mastery of reading and general knowledge, and supervising the completion of home work in a quiet atmosphere. As well, parents should investigate and explain the new school curriculum so as to decrease the child's fear of instructional change.

Along with these specific practices, parents should fulfill certain general parenting tasks such as enhancing the overall social, emotional, spiritual growth of the child and providing healthy living through proper nutrition, adequate sleep and regular physical check-ups.

One immensely helpful – though less obvious – key to success is to encourage your child in the mastery of a musical instrument. This enhances math skills, hand-eye coordination and improves concentration.

Above all, parents must find the time to talk and listen so they know what is happening in school. The most important factor is for parents to be engaged with their child's education from pre-school on. By the time a child reaches his or her teen years, television and peers have often replaced the influence of Mom and Dad.

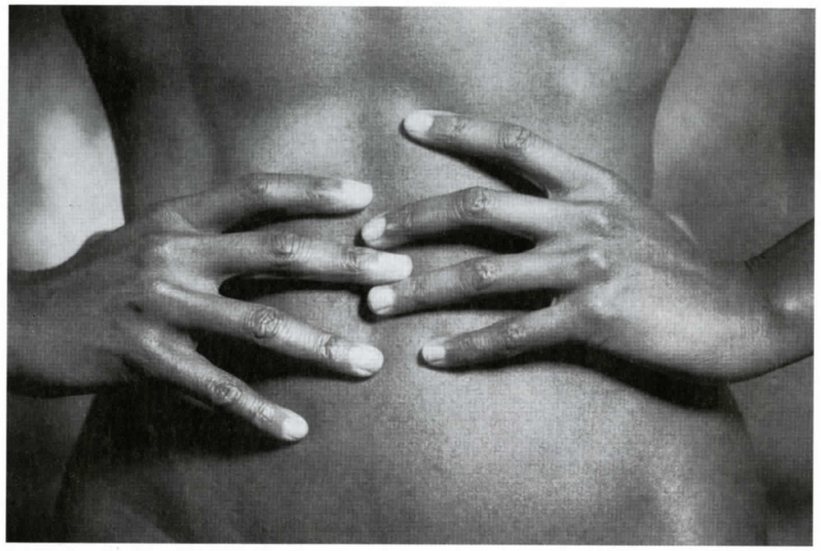
As daunting as all these challenges may seem, there is comfort in knowing that with perseverance, parents can find school and community resources to assist.



Trouble Growing in the Womb

Most black women will suffer from fibroids before reaching age 50 – here's what you need to know about uterine tumours

By Saada Branker



Karen Turner remembers clearly the day she decided to have invasive surgery for her fibroids.

"I was at work visiting a shelter for abused women and I was with the Deputy Minister of Community and Social Services," says Turner, a program supervisor at the Ontario ministry. The magnitude of that meeting was "like having Queen Elizabeth come to town." It turned out the real guest in town was Aunt Flo – her period.

"At the shelter I just keeled over. I got so sick. I was standing there and I broke out into a sweat." As she grappled with the prospect of calling an ambulance, her pain became apparent to the shelter's staff. They panicked.

"I couldn't stand up and I had to sit there with a smile the whole time. I kept thinking: 'Oh my God. My whole job is going to be ruined if I can't get through this.'"

Days later, the 38-year-old Turner called her gynecologist, who six months earlier had talked through the three treatment options for her fibroids. Shaken by the shelter incident, Turner chose to have her uterus cut open.

The squatters had to come out – all 10 of them.

Essentially tumours, fibroids are non-cancerous growths that develop in the walls of a woman's uterus, feeding off the hormone estrogen. Doctors say the vast majority of Canadian women aged 35 to 50 carry uterine fibroids. Most women will experience few symptoms, or none at all.

But many are not so lucky. Turner's 10-year experience with heavy and painful periods reflects the reality for a growing number of black women who can barely stomach the disruptive nature of their unwanted guests. For reasons not fully understood, women of African descent have a higher likelihood of suffering from fibroids, which can range in size from a pebble to a grapefruit, or larger.

Living large

"Most fibroids do not have to be treated," said Dr. Togas Tulandi, chief of obstetrics and gynecology at the Jewish General Hospital in Montreal. "Severe pain is very rare. The most common symptom is a pressure feeling, or enlarged uterus."

Besides growing in size, fibroids can also multiply. Once the tumours occupy space in and around the reproductive organ it can become less productive.

It's the size or location of these growths that can interfere with menstruation, sexual intercourse, fertility and pregnancy. The tumours also increase a woman's chances of developing anemia or of suffering a miscarriage. When these complications occur, medical treatment is necessary.

Treatment techniques

A hysterectomy — the removal of the entire reproductive system — remains the most common solution for eliminating fibroids in women over 40, who have finished bearing children, said Dr. Tulandi.

According to the Department of Public Health Sciences at the University of Toronto, one third of the 55,000 hysterectomies performed each year in Canada occur because of fibroids.

Many women want other options that will preserve the uterus. One popular treatment includes myomectomy, the procedure of cutting out only the tumour, leaving the uterus intact. Another option is uterine artery embolization (UAE). By inserting particles in the artery attached to the fibroid, doctors can block the tumour's blood supply, forcing it to shrink. Myolysis involves zapping the growths with either electricity or laser.

All the procedures carry serious side effects. Myolysis, for example, is said to cause scar tissue and carries the risk of rupturing the uterus, Dr. Tulandi says.

Some doctors remain skeptical about UAE, despite encouraging clinical data. Initially, there were worries the procedure could impair the blood supply to the ovaries, triggering premature menopause — a catastrophe for women planning to have children.

The information deficit

Dr. Gaylene Pron is a clinical epidemiologist at U of T's Department of Public Health Sciences. She notes that more women are educating themselves about available treatment options and their side effects. Anecdotally, Dr. Pron says that black women with fibroids may face hurdles to getting treatment because they tend to rely more on family and friends for information than on the Internet.

"That's a concern to me," Dr. Pron says. Her research analysis on UAE is highly esteemed. "The very client group that needs the information on treatment options is at a disadvantage for receiving it."

After a harrowing recovery from abdominal myomectomy, Karen Turner is on the road to better health – without the bothersome fibroids. Her advice to fellow sufferers:

- Research: Check out health websites, online message boards and books detailing treatment options and their side effects.
- Take notes: Write down details of your symptoms, including dates.
- Be tenacious: If your doctor dismisses worrisome symptoms, insist on closer attention.
- Remember your power: You're the primary expert on your own body, so don't be rushed into making a decision.

Share your experience:

Many women need to know they're not alone in their pain.

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Ask the Experts

Brent Bishop and L.A. Wade answer your health and fitness questions

Brent Bishop & L.A. Wade

Q: This summer I have gotten into great shape, but with both school and work needing more of my time in the Fall, I'm afraid I'll slip into my old bad habits. What can I do to get great results, even though I have less time to work out?

A: Your solution is Circuit Training; it increases your cardiovascular efficiency, decreasing body fat and increases lean muscle mass and toning. Circuit Training can allow you to push your cardiovascular system while still focusing on toning your major muscle groups and core area. The goal with circuit training is to move from one exercise to the next with minimal or no rest — you'll be amazed at what you can accomplish even within half an hour!

Q: I had my first child six months ago. My once flat stomach is now bulging with baby weight. What are some easy abdominal exercises that I can do to get a nice firm tummy?

A: Being a mother myself, I can tell you that this can be a struggle if it isn't approached in an effective manner. To lose post-pregnancy weight, you need to factor in four major elements: Core, Cardiovascular, Consumption and Challenge — we call these the "4 C's to Think • Fitness"; its a concept that takes a look at the parallel between mental and physical fitness. It is through the combined focus and a healthy mindset that you will truly maximize your efforts.

CORE: The abdominal bridge is a foundational exercise to assist in flattening the stomach by training your abdominal wall muscles (the transverse abdominus). This can be done in various levels of intensity from the floor to the fit ball, and can be very effective in tightening up the abdominal wall to give that flattened stomach effect.

CARDIOVASCULAR: To maximize your efforts in regards to burning calories and mobilizing fat, you must train within an effective heart rate zone. A good recommendation for overall benefits is approximately 65 per cent - 80 per cent of your maximum heart rate.

CONSUMPTION: Simply "calories in' versus 'calories out". You must take in fewer calories than what you are burning daily. Remember to eat small, balanced meals every couple of hours that are low in saturated fat. A sure way to figure out what is right for you is to see a nutritionist.

CHALLENGE: Relates to your ability to continue to progress and see results while avoiding hitting that all-too-familiar plateau. Get out of your comfort zone with new activities and exercises; this will ensure success and maintain interest and enjoyment in your routine.

Q: Should I eat before a workout (for energy) or after (for proper digestion)?

A: A general rule is to leave approximately 1.5 - 2 hours after eating a meal before starting your workout. Exercising too soon after eating can leave you feeling sluggish and heavy, especially if you are planning a cardiovascular workout. In post-exercise eating, your body's cellular ability to absorb nutrients is increased significantly and this window of opportunity can last for several hours. Depending on your goals, it can be advantageous to consume a protein-carbohydrate mixture (meal or shake) post-exercise in order to maximize absorption and assist in post-exercise recovery.

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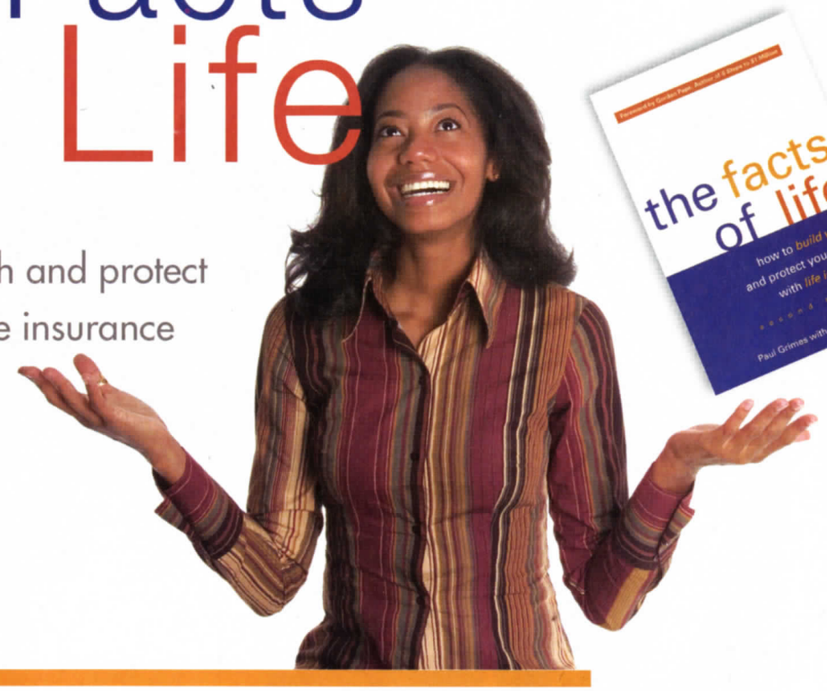

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Playing the Numbers

By Delford Blythe

Establishing good credit may be one of the most important financial moves you make

We live in a world where we are all judged and categorized, valued, and stigmatized based on numbers ascribed to us. Your Social Insurance Number, bank account number, employee ID number, and driver's license number all say something about you to someone. But no other number has the potential to have as big an impact on your life as your credit score. This is a number used by lenders to represent your creditworthiness based on your credit history. The wrong number can cost you thousands of dollars in extra interest and fees on a mortgage, loan or credit card.

Growing up as a child, I often saw signs in neighborhood shops that read "Credit is dead" and "Only in God We Trust." As black Canadians credit is foreign to our culture. However we live in a society where it is considered sacrilegious not to have some form of credit. In fact, it seems that it is better to have bad credit than none at all. It is therefore very important that we manage, monitor and maintain a good credit history.

To get you started, here are some tips on establishing your credit:

Start small and pay big

Apply for a small balance retail card (such as at a department store) and make larger-than-required payments every month before the due date. Keep a very small balance on these cards while ensuring that the company issuing you the card reports to the credit bureau. While these cards tend to have exorbitant interest rates it may be worth it just to kick-start your credit history.

Apply for secured loans first instead of unsecured loans

This provides the lender with some collateral (a car, furniture, appliances, or your house, for example) should something go wrong. Secured loans are usually more readily available than unsecured loans. Always make payments as promised.

Make a larger down payment

Paying a larger portion of your purchase up front and financing a lower proportion of the total price can have a big impact on your chances of getting a loan. For example, instead of 10 per cent, make a 25 per cent down payment on your first car loan. This increases your chance of qualifying for that first loan if the lender has no credit history on which to determine your credit worthiness. It also reduces your monthly payments and interest cost.

Borrow to pay it back

Apply for a small bank loan and use the proceeds to repay the loan. Don't use the loan for any other purpose. Alternatively, use your available cash to repay the loan in full after using the loan proceeds to purchase some planned expenditure. Sure, this may cost you a few dollars in interest initially, but savings from your good credit history over time will overcompensate your expenditure.

> "The surest way to establish your credit is to work yourself into the position of not needing any." - Maurice Switzer

Be stable

Factors such as how often you move, how often you change jobs, having a home telephone number in your name or having an apartment or house are all non-monetary factors used to determine your eligibility for credit. Keep a fixed mailing address (a family member or friend) even if you are "in transition."

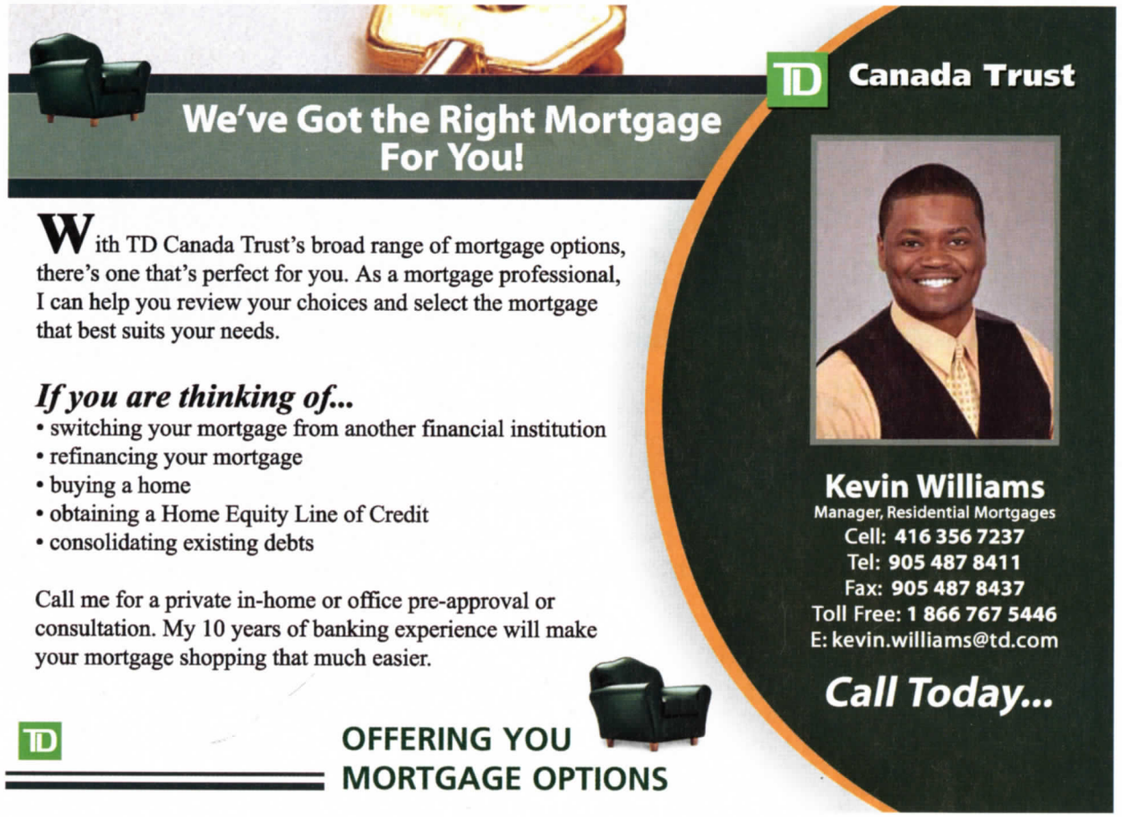
Take it to the bank

Open a checking or savings account and don't issue bounced cheques. If you cannot manage your chequebook, why should anyone extend credit to you?

Apply for a secured credit card

This last-resort option is most likely the quickest if you have available cash that you can use as security for the card. If you can, avoid this option at all cost. It does not warrant earning 3 per cent on your cash from the bank while they charge you 18 per cent to essentially use your own money. I understand that for new immigrants and others with ready cash but no credit history, this might be the point of least resistance in establishing credit and could therefore be a favorite option. If you have to choose this option, please keep only a very small balance and pay it off regularly. Also ensure that your deposit is returned after a reasonable time.

Credit on its own is a necessary business tool that enables commerce and the economy to thrive. Maintaining a good credit history is perhaps the best thing you can do to ensure that when your number comes up, it's a good one.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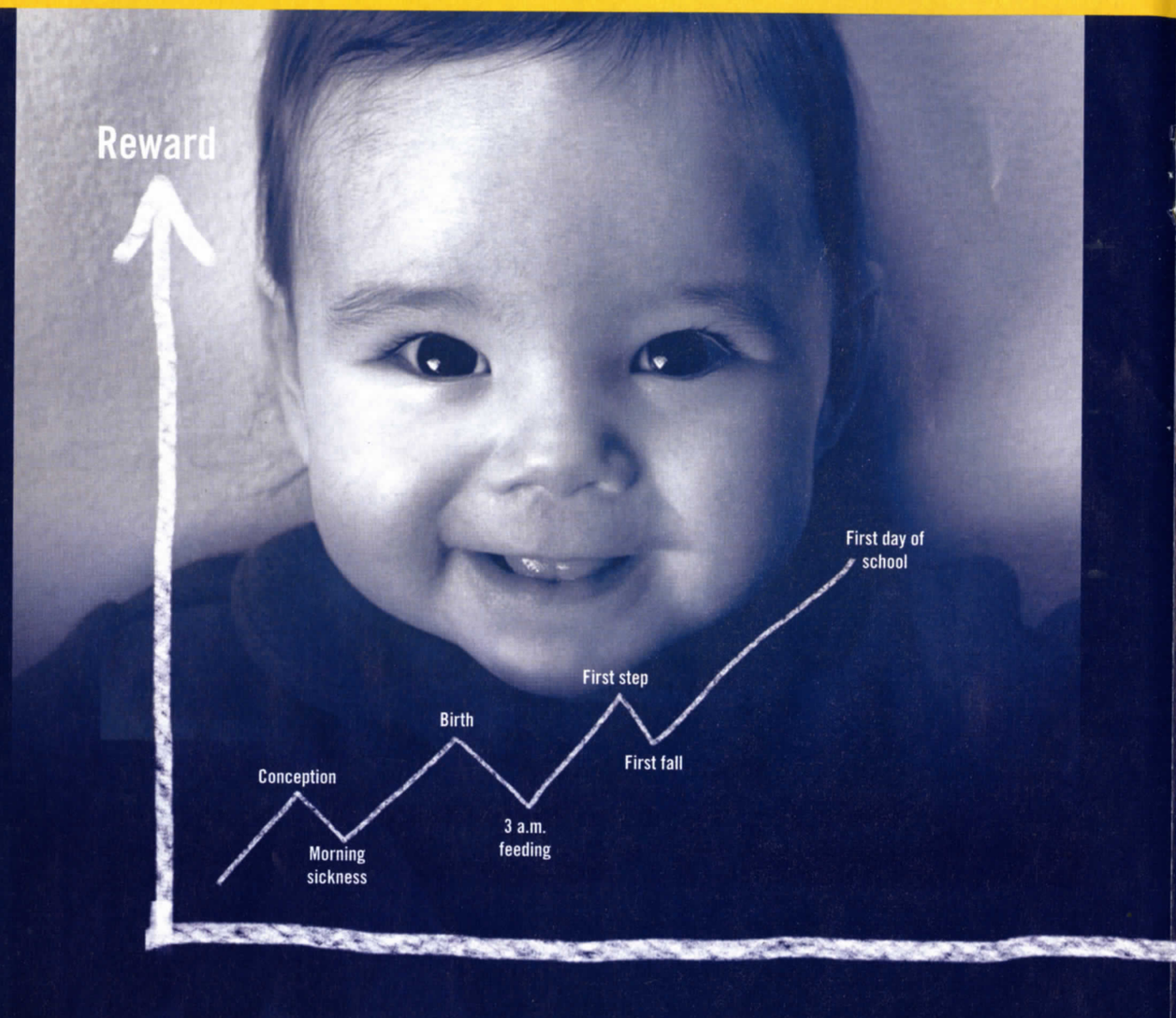

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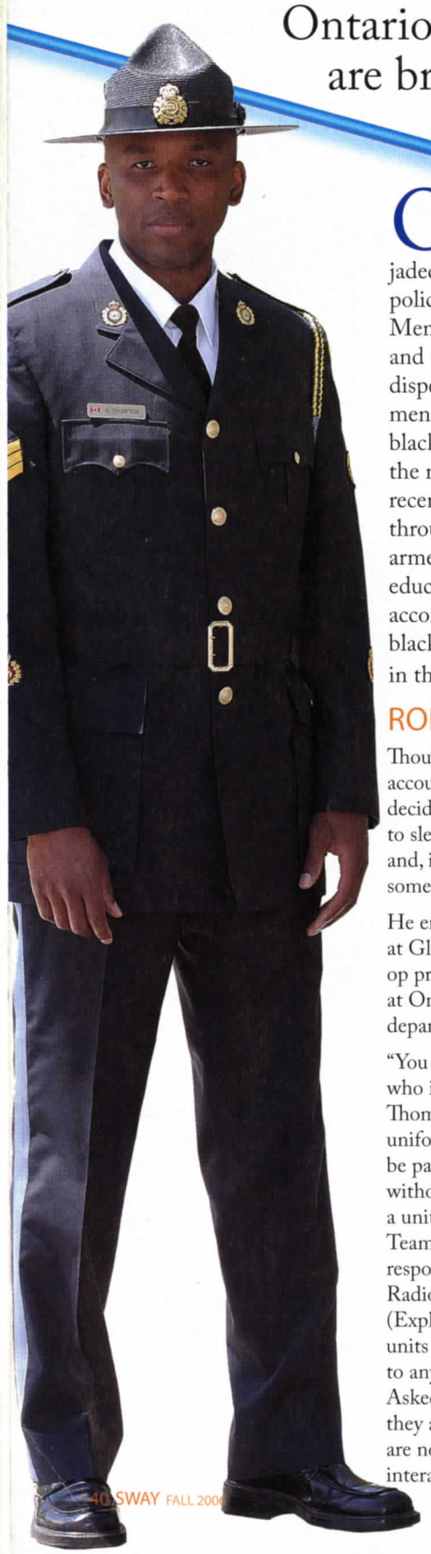
The Thin Blue Line

Ontario's highest ranking black police officers are breaking down stereotypes and opening doors for the youth of today.

By Terri-Lynne Waldron



Often stereotyped as jaded and trigger-happy, police officers sometimes get a bad rap. Members of the Ontario Provincial Police (O.P.P) and the Toronto Police Service, are helping to dispel those negative public perceptions. These men and women have become role models for the black community, and have set the blueprint for the next generation of black police officers. Sway recently spoke to six individuals who have risen through the ranks of their respective departments, armed with determination, a commitment to education and hard work. Their ground-breaking accomplishments have opened the doors for the black youth of today, who may be looking to follow in their footsteps.

ROHAN THOMPSON

Though his teenage ambition was to become an accountant, O.P.P Staff Sergeant Rohan Thompson decided instead to take a job that wouldn't put him to sleep. "I thought police work was really interesting and, in doing some research, I thought it was actually something I would enjoy," Thompson says.

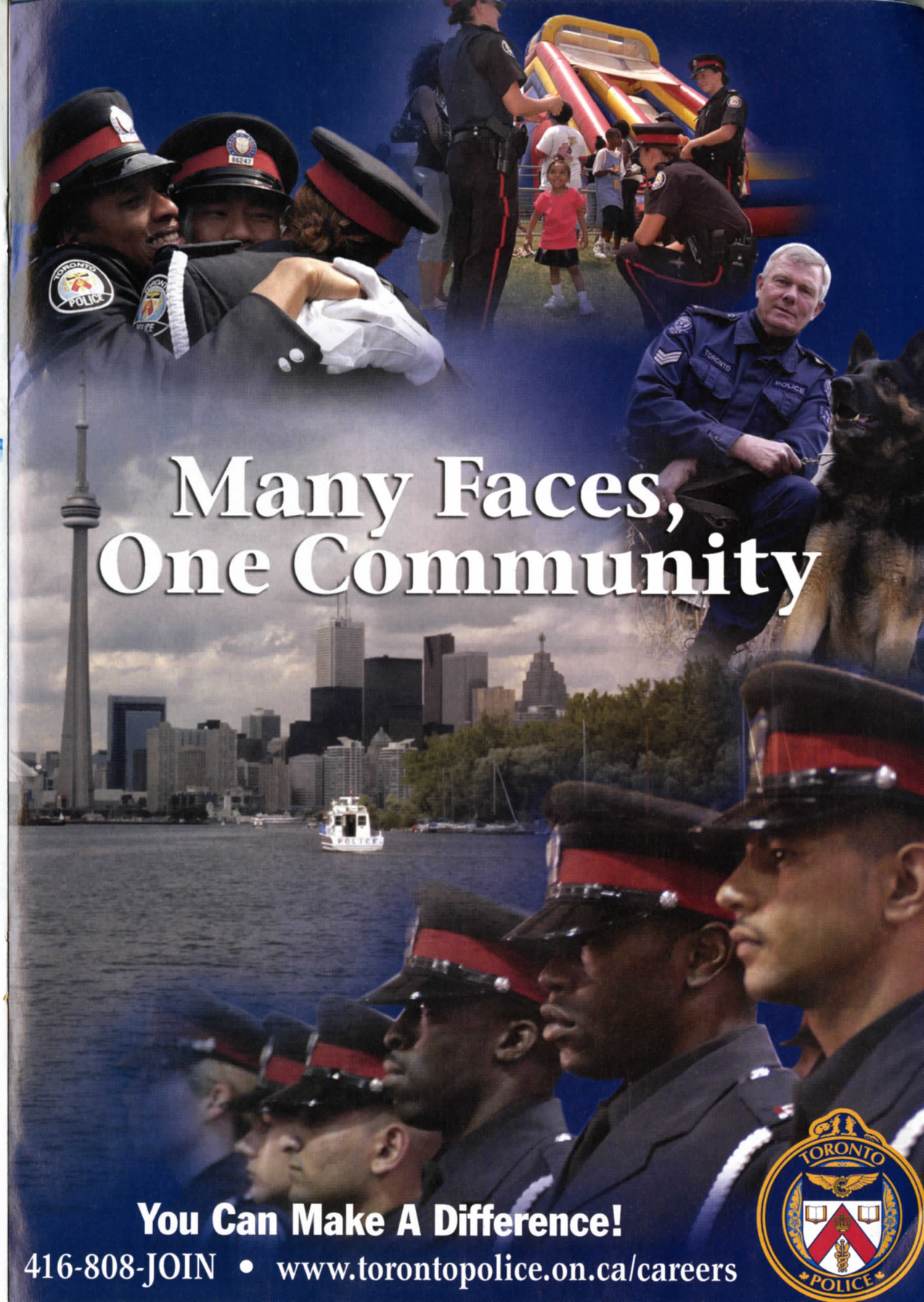
He engaged his burgeoning interest during his last year at Glen Forest High School when he took part in a co-op program that allowed him to work with the O.P.P. at Ontario Place. He applied to and joined the police department shortly thereafter.

"You go from being a normal citizen to somebody who is taking actions against what you see out there," Thompson says of the challenge of adjusting to life in uniform. And though today Thompson may no longer be patrolling the streets, his job as staff sergeant is not without its share of high-risk situations. "I manage a unit called the Provincial Emergency Response Team," he says. "Our primary mandate is terrorism response: what we have is CBRN (Chemical, Biological, Radiological, Nuclear) capability, and canine EDU (Explosives Disposal Unit). We have all those specialty units housed in one location, and we are able to respond to any type of incident that falls within our mandate." Asked for a message to black youth who believe that they are targeted by police, Thompson says, "If you are not doing anything wrong, then your chances of interacting with the police are fairly slim."

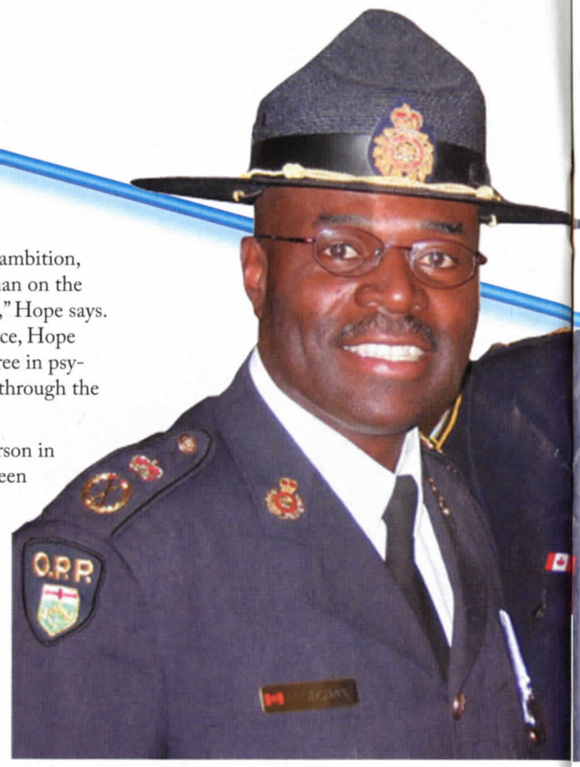
TERRY JAMES

At the age of twenty, Terry James worked as a sales representative for a manufacturing company. While on vacation from her job, she pondered the next step in her career. James had never been one to conform to gender expectations when it came to making her career decisions. "I didn't want to do something that was a traditional woman's job. I wanted to do a man's job," she says. "I asked myself what I wanted to do with my future, and there were a couple of things I thought about. One was policing and the other was being a firefighter."

Less than a year later, her fate was sealed when she joined the Toronto Police Service. James says her job comes with great rewards, and working in the Employment Unit as a recruiting Sergeant enables her to help shape the face of the police department. "It feels good to know that I had some input in helping someone to realize their goals," she says. James has seen a lot of changes over the years in the department, most notably, the closing gap of sexual inequality. "We talk about equality and equal pay for equal work. The women do exactly the same work as the men. It is great to see the respect that women have gained over the years from their male counterparts." She adds, "We're still not there yet, but we've come a long way."



JAY HOPE

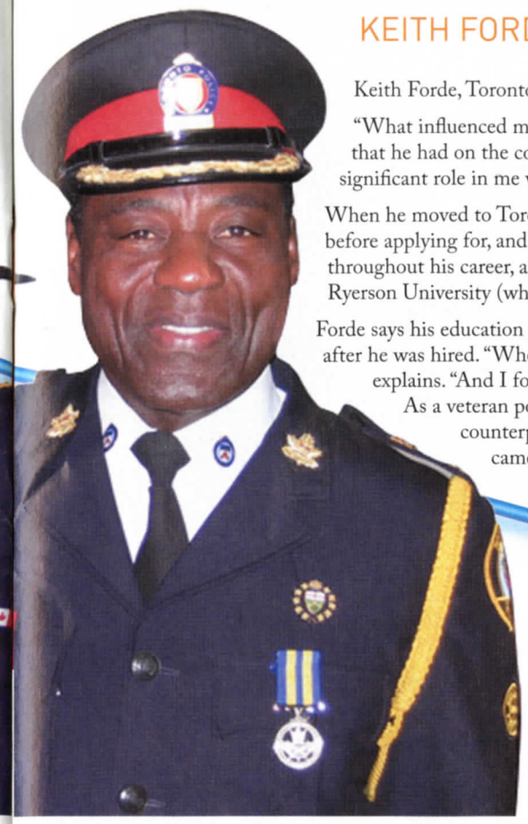


Had O.P.P Deputy Commissioner Jay Hope chosen his other career ambition, he may have received awards for his work as a cop on screen rather than on the streets. "When I was younger, I wanted to be an actor or a policeman," Hope says. Inspired by a step-uncle who told stories of his work in the police force, Hope abandoned his thoughts of becoming a thespian. After earning a degree in psychology and criminology from the University of Toronto, Hope rose through the ranks of the O.P.P. to become a trailblazer and a role model.

As the highest-ranking black officer in Canada and the first black person in Canada to become Deputy Chief of a major police force, Hope has been instrumental in bringing diversity to the O.P.P. by focusing on the recruitment of women, First Nation's people and visible minorities.

His efforts have not gone unnoticed, as he has been the recipient of numerous awards over his 27-year career. He speaks with pride about his most recent achievement: "In May of this year I received a medal for the Order of Merit of The Police Forces, from Canada's Governor General, Michäelle Jean," he says. So what should the next generation of police candidates bring to the table? "We need to hire officers with strong foundations, rooted in resilience and education," he says.

KEITH FORDE



Keith Forde, Toronto's first black Deputy Chief, always wanted to wear a badge.

"What influenced me was the neighbourhood police officer in Barbados," he says. "The impact that he had on the community and the relationship that he formed with the community played a significant role in me wanting to become a police officer."

When he moved to Toronto in 1969, Forde took some courses at Sir George William University before applying for, and being accepted, into the Toronto Police Service. He's continued studying throughout his career, attending Seneca College, Humber College, the University of Toronto and Ryerson University (where he graduated from the Business Administration Program in 1991).

Forde says his education acted as the foundation for his work with the police department, even long after he was hired. "When I got on [the force], I realized that I had to improve my education," he explains. "And I focused a lot of my studies on management, on how organizations worked."

As a veteran police officer, Forde has been privy to the evolution of the role of his female counterparts. "Historically policing was seen as a male-dominated profession, and it came out of the mindset that you had to be strong and big," reveals the 33-year veteran whose two sons also work in the Toronto Police Service. Forde says that's changed. "Weight and height no longer have any impact on hiring. We want people with tact, people with the ability to deal with people from all nationalities."

SONIA THOMAS

Studying to be a teacher at the University of Prince Edward Island, Sonia Thomas had an epiphany of sorts. "I was about 21 years of age and I was sitting in the subway (back in Toronto on summer vacation), looking at a poster advertising the police department when a light bulb came on. I knew that it was something I needed to do," she says about her decision to shift careers. "I grew up in Toronto and I knew that the police served people like me, so I knew that it was a need and not a want."

In the twenty years that she has worked for the department, Sergeant Thomas has seen a growth in the number of blacks who have joined the force. "My husband [who is also a police officer] and I joke about the fact that at one point we knew all of the black officers on the service, because there were so few of them," she chuckles. "And now when we see a black officer we laugh to ourselves and we tell that person, 'That's wonderful.' So in that sense it's changed dramatically."

The mother of three admits to bringing her work home with her at times, and says her kids have become the beneficiaries of those experiences. "Our police service has seven core values which are: teamwork, respect, integrity, positive attitude, honesty, fairness and reliability," Thomas says. "Those are the things that I instill in my kids, but they should carry over into all of our lives."

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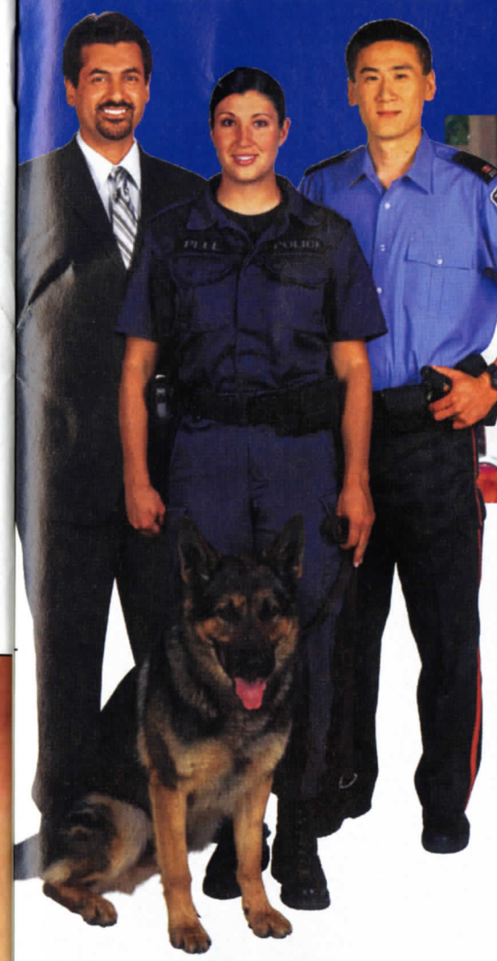

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She's Got Style

L'Oreal Fashion Week debuted funky, sexy looks this Fall rich in luxurious colours. Everything from plaids to animal prints add sophistication to fall wardrobes. Make sure to play with accessories to add flare to your look and layer clothing to individualize and stretch your wardrobe.

ANDY THE-ANH

FANTINE

FANTINE

The O factor

Lana Ogilvie: Canada's supermodel

Lana Ogilvie continues to reign as one of the fashion world's top models. One of Canada's first supermodels, the stunning beauty has excelled in a fashion world that has often closed its doors to beauties of colour. Ogilvie's portfolio boasts work with the top photographers and brands in the industry: Vogue, Sports Illustrated, John Galliano, Banana Republic, Elle and, perhaps most notably, she was the first black model to land a Cover Girl cosmetics contract. Now a mother of two, Ogilvie continues to blaze new trails in the fashion and entertainment world.

While many blame the modelling industry for its negative effects on young girls, Ogilvie disagrees. "I think most of what affects young women's self-image today isn't even the fashion industry, but the celebrity obsession that everyone has," she says. "The celebrity rags are so adamant about what you look like and what you wear, and I think that is what is really negative."

Asked why Canadian black models still have little presence in the world of high fashion, Oglivie explains that success has less to do with nationality than with where you are – though the colour of your skin can, unfortunately, still make things trickier. "I don't really think where you come from affects how far you go as a model," she says. "It really has to do with being in the right place at the right time, or rather, having the right look at that time. Unfortunately, for any minority, there is not as much work in this industry and the fact that magazines, fashion houses, and designers, don't use more minorities is a shame."

In a world of flash-in-the-pan careers, Oglivie is a veteran still going strong. Her advice to those aspiring to follow in her footsteps is to develop a thick skin: "You need to be sure of who you are and be confident of your own self image. And you need to not take negative comments personally, because if a designer doesn't book you or doesn't like you, it's really your 'look' and not you as a person."

The girl who had planned to be an architect if modeling hadn't swept her away is now looking to branch out. "Plans for the future include more TV hosting and pursuing acting," Oglivie says.

Juggling career activities with family life leaves her little time, she says, for the vanity many people assume is the occupation of the supermodel. "I wish I had time to obsess about how I look, with two kids! I eat healthy food, a lot of vegetables, drink water and I exercise. Everyone wants to get a quick fix these days, but exercise is important." Not that she's above a little indulgence. "I love fine Belgian chocolate. Fortunately it is so rich that you can only eat a little bit."

Oglivie, who always tries to stay current, describes her style as "more street than high fashion" and says her fashion must-have is a pair of high heels — and this season's item is a pair of skinny jeans. And what beauty tip does she live by? "Always wash your face, morning and evening. And moisturize."

By Chaka V. Reid

Photo By Seth Sabal

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Marci Ien's fall makeover

"I always feel like my hair is styled. It's a little funky, a little sassy and a lot me."

By **Chaka V. Reid**
Photography by **Catherine Farquharson**
Hair by **Christos Cox**
Makeup by **Kim Chypchar**

Canada AM news anchor Marci Ien joined Sway at Urban Textures salon to get coiffed by her longtime hairstylist Christos Cox: "I love the fact that he's fearless when it comes to hair," Marci says. "He's always willing to try new things and he also doesn't mind when I 'suggest' things for us to try -- in fact he encourages it." For this shoot Christos, who recently gave Marcia a chic cut and colour, wanted to create a "Professionally Sexy" look.

The steps to Marci Ien's "professionally sexy" hair:

1. Cleanse hair using a shampoo that does not remove natural essential nutrients.
2. Towel-dry hair thoroughly, then apply a deep-moisturizing conditioner, allowing it to penetrate under a hot dryer for 10-15 minutes.
3. Rinse hair thoroughly, leaving a slight dampness. For Marci, a "leave-in cocktail" of essential moisture, olive oil-derived fatty acid and a lightweight mousse for hold was applied.
4. Wrap hair and allow to dry fully under a dryer.
5. Apply a lightweight silicon, with a dime-sizeamount of olive oil (not the cooking version), blow-dry for movement and natural fall.
6. Use a flat iron to style. Christos used a thermal style, alternating his curl pattern up and down to create Marci's "Professionally Sexy" look.

Makeup makeover

"I wanted the look to convey her personality and complement her features while giving her a sophisticated, sexy spin," explains makeup artist Kim Chypchar.

The steps to Marci Ien's "sophisticated, sexy spin"

1. Apply light moisturizer, followed by CARGO-ONE base as a concealer, then blend for a flawless finish.
2. Use CARGO DARK BRONZER to set foundation, followed by CARGO-FREZNO as a highlight on top of cheekbones, and CARGO-MALLORCA blush to give a natural hue to cheeks.
3. For eyes, use warm metallic hues, coppers, burnt golds and warm browns.
4. Marci's lips were lined with a deep burnt raspberry and filled in with a lipstick (with a slight frost) to complement the liner. Golden-hued lipstick placed in the centre of lips was used to highlight, topped with CARGO machu peechu lip-gloss (gold side) to create a pout.

Christos Cox, Artistic Director and President of URBANTEXTURES Salons . A veteran of the beauty industry, Christos and the UT Team have been the hair force behind everything from the hit Mirvish production Da Kink In My Hair to the winning look for Natalie Glebova- Ms. Universe 2005. He is currently featured in several makeover shows on Much Music and MTV.

Booming Grooming: a how-to for him

By Chaka V. Reid

Times have changed. With men's looks under the microscope, almost as much as women's, men are quickly realizing the importance of good grooming.

GETTING OVER THE BUMPS

Many men experience Pseudofolliculitis barbae, better known as razor bumps, caused by ingrown hairs trapped underneath the skin. Over time, scarring and discoloration can develop. Avoid this by shaving in the direction that your hair grows, not against the grain (which only makes hair grow back thicker and coarser). Always use clean, sharp razors and change them regularly, avoiding close shaves until the razor bumps diminish. Before shaving, wash your face with warm water and use a rich shaving cream to soften the beard. Finally, avoid harsh aftershave products that irritate freshly opened pores.

KEEP IT CLEAN

Cleanse twice a day and use a moisturizer or aftershave balm to soothe and protect skin. Look for products that suit your skin type (oily, normal or dry). If you're really open to upping your skin quotient, exfoliate once a week - it will help prevent in-grown hairs.

TAKE TEA

To get rid of body blemishes, one of the best things on the market is Tea Tree oil. Tea Tree, a natural antiseptic ingredient found in many body products, not only helps to wash away germs that cause infections, but is also perfect for counteracting odour.

BROW TO

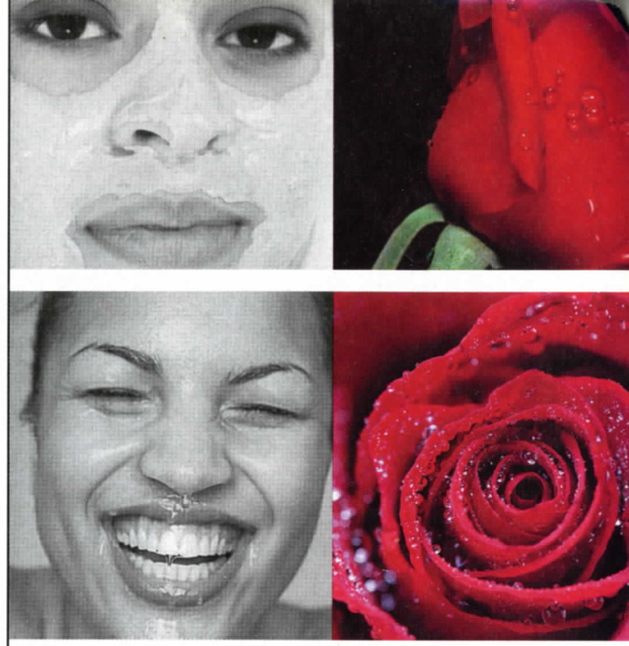
Eyebrows frame your face; therefore, they should always be groomed. Don't go for a dramatic arch and don't try to do it yourself; see a professional. Simply cleaning up the wayward strands and the centre, is enough for most men.

WATCH YOUR BACK

No one knows why, but there is nothing less sexy then back hair. Waxing is one of the cheapest, most convenient ways to rid yourself of unwanted hair. Before your appointment make sure to take an Advil, and a hand to hold.

GET NAILED

Invest in manicures and pedicures every few months for a toe and nail tune-up. Remember boys, it's not girly. It's good grooming!



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Body Beauty Decadence

By Chaka V. Reid

Morning coffee

With the heat of summer fading away, every girl longs for a little warmth to jump-start the day. So what's better than having some coffee with cream — in your shower? Sephora's mouth-watering Coffee and Cream Morning scrub ($28) is a scrumptious way to wake up your senses. With its fine granules in a creamy rich texture, it is gentle enough to use daily on rough patches and its intoxicating scent may even wake up the neighbours. Available at Sephora Eaton Centre 416-595-7227

A flawless foundation

We all know that foundation is literally the foundation of a well-made face, but the search for that perfect colour to match one's skin tone continues to elude many. Make it easy on yourself and check out Prescriptives Cosmetics. Prescriptives offers a unique ColorPrint service that helps to identify your skin's undertone and the shade truest to your skin colour. They will also custom blend ($80) as many colours as possible to create the ideal shade for your skin. With a variety of finishes, from sheer to total coverage ($45-$55), you will definitely find a shade that's just right for you. Available at Holt Renfrew, 50 Bloor Street West, Yorkdale Mall, and Sherway Gardens

Chocolate fondue

Bobby Brown, one of the masters of make-up and one of the first to create shades that look flawless on women of all colours, has come out with a decadent fall collection inspired by chocolate. Rich chocolate tones, good enough to eat, dazzle in the season's must-have cosmetic gem. The gorgeous Chocolate Palate, Golden Caramel/Mauve lip shimmer, and Chocolate Cherry nail polish are some of the new standouts. Go ahead and treat yourself to some chocolate, without the calories. Available at Holt Renfrew, 50 Bloor Street West, Yorkdale Mall and Sherway Gardens

Gloss leader

Flirt — just a little bit. Lip polish by Interface Cosmetics will make it a whole lot easier with their High Shine Lacquer Lip Polish ($15); the uber shiny glosses create sexy lip action alone or over lipstick. Standouts such as Flirt, Perfect Plum and Peaches N' Cream will make your lips shine in a crowd full of glossy puckers. Available at Albion Centre Mall and www.interfacebeauty.com.

A nightcap for your skin

At the end of a long day, take it all off and soak away the stress. Fresh's Rice Sake bath ($80) is a Japanese-style luxury with real skin care benefits perfect to relieve soreness, detoxify the skin, soothe irritations and even fade age spots. Its thick, golden-rum coloured liquid is intoxicating, lulling you into relaxation while leaving your skin comforted and soft. Pamper yourself. You deserve it! Available at Sephora Eaton Centre 416-595-7227

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Space Academy

Tips on features within the space

By Carion Fenn

56

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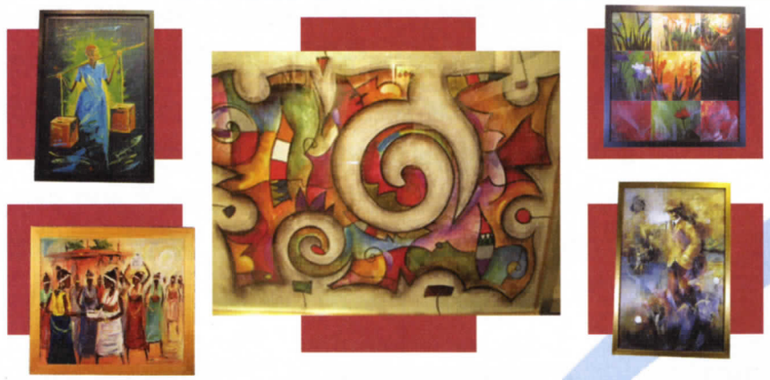

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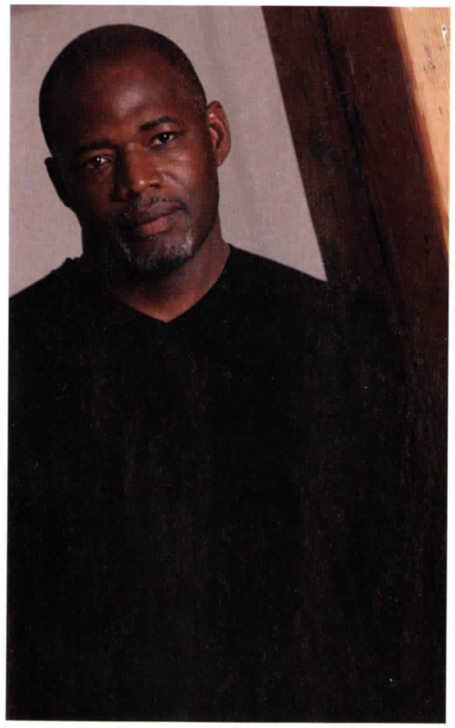

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Colours

Choosing the right colours sets the mood and adds character to a space. One way to do this is by selecting neutral wall tones. Colour can then be introduced through other elements within the space, such as artwork and furniture. An alternative is to add colour to the walls but keep major furniture pieces in neutral tones. Following this method allows you to make changes without fully redecorating your space and spending money on big ticket items. Adding an orange accent, for example, will brighten your space and uplift your mood!

Space Planning

We all want to live in spaces that scream, "Wow!" But don't forget that your spaces must be practical and functional for the way you and your family live. Properly utilizing your space will create balance and give a complete finish to every room.

Furnishing

Modern. Contemporary. Traditional. Take the time to find your style. But don't be afraid if you like a combination of approaches. Mixing a bit of old with the new is a popular trend which results in more transitional scheme. Espresso and dark wood stains are a great way to add richness to any design.

Window Covering

Styling your windows is a great way to add elegance to your space. A product such as "Shadow Magic" gives you both a blind and sheer in one. It provides privacy, enhances your décor, and adds a modern/contemporary feel to your space.

Flooring

Richness is imperative within your family, living, and dining rooms. You can always add some softness by adding an area rug, perhaps in shag, to a dark hardwood floor. Why wake up to a cold floor? Carpets are fabulous for bedrooms, providing comfort and warmth. A girl's best friend for flooring in home décor is cork – 50 percent air, 50 percent solid surface. You can't ask for more!

Keeping Your Space You.

Find yourself. Embrace the creative side within. Choosing the right colours, fabrics, and furniture to reflect your personal style, combined with the right coordination, is the key to a successful home décor. By designing your space for you, you will be happy all year round!

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Sometimes it's as easy as adding the right piece of art, and some accessories. Why wait until you're selling your house? With minimal investment, this powder room was given style and character so the house could go on the market:

Before

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Dining to the end

By Patricia Green

Savour the last days of summer with a simple barbeque

As summer draws to a close and the abundance of fresh seasonal fruits and vegetables dwindle, take advantage of the last of the warm weather and plan a festive outdoor barbeque with friends and family.

Use your creativity to entertain with style by incorporating simple elements that set the tone — plan a terrific menu and use fresh seasonal produce, select inviting background music, have fun with the decor, buy fresh flowers, use candles for ambience and pay attention to detail for a special dining experience.

Invite your guests to enjoy a warm September evening in the backyard. As guests arrive, serve refreshing cranberry peach cocktails. Ideal hors d' oeuvres consist of a variety of olives, red roasted pepper hummus, fresh local cheeses, fresh baked breads and crackers.

A dinner menu of grilled garlic chicken with fresh herbs, fresh corn confetti, grilled potatoes on skewers and a fresh mixed green salad is ideal for September. And everyone will enjoy homemade vanilla ice cream topped with a medley of fresh berries.

This simple menu makes use of colorful fresh herbs, fruits and vegetables of the season.

RECIPES:

Drink: Cranberry Peach Splash

1 part cranberry juice
1 part sparkling water with peach essence
1 slice of a fresh peach for each glass

Place ice cubes in glass pitcher
Fill half of pitcher with cranberry juice
Add sparkling water
Rinse peaches and cut into slices
Pour into glasses
Place peach slice on rim of glass and serve

Main Dish: Fresh Herb and Garlic Grilled Chicken

For a more robust flavor, marinate the chicken overnight.
1 whole chicken cut into quarters
4 large cloves of garlic
½ cup extra virgin olive oil
4 sprigs of fresh tarragon
4 sprigs of fresh oregano
4 sprigs of Fresh rosemary
Pepper, Salt

Rinse chicken pieces with cold water and pat dry with paper towels.

Cut herbs into small pieces. Crush and dice garlic. Pour olive oil into small bowl, add herbs and garlic. Gently separate skin from meat and place a olive oil mixture of herbs and garlic under skin. Place chicken pieces in large bowl and pour marinade over chicken. Be sure to cover meat entirely. Cover bowl with plastic wrap and place in refrigerator for one hour. For best results, marinate overnight.
Chicken can be roasted or grilled

To Grill:

Preheat gas grill. If possible heat one side on high and the other on medium. For charcoal grill, bank the coals so they are two layers thick in the back half and one layer thick in the front half.
So the chicken does not stick, pour ½ cup of any cooking oil into a small bowl. Bunch up several paper towels into a loose ball. Using tongs, grab the paper towels, dip into oil and generously brush over grates of grill.

Place chicken on the hotter side of the grill, skin side down for 3-5 minutes, then move to the cooler half for 5-7 minutes. Flip the chicken pieces over and repeat, 3-5 minutes on the hotter half and 5-7 minutes on the cooler half. Check to be sure the juices are clear. Total cooking time should be 16-24 minutes.

Seasonal Fresh Vegetables: Corn Confetti:

The tomatoes can be marinated one day before serving
4 ears of corn
1 pint grape tomatoes
2 cloves garlic
1/4 cup extra virgin olive oil
1 red pepper
1/4 red onion
1 (15 oz.) can black beans (drained and rinsed)
1 bunch of cilantro
Salt, Pepper

Pour olive oil into medium bowl
Crush garlic and cut into halves and add to bowl
Cut grape tomatoes in half
Place halved tomatoes in bowl and sprinkle with salt and stir
Cover with plastic wrap and place in refrigerator for at least one hour.
Boil the corn in water and let cool

Dice the red pepper and onion and add to tomato mixture in refrigerator
Rinse cilantro and tear into small pieces

Carefully cut corn off the cob and add to the tomato mixture

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Add the cilantro and black beans and stir. Place in refrigerator until ready to serve

Grilled Potatoes

Bag of small red potatoes
1/2 cup extra virgin olive oil
Salt, Pepper

Bamboo skewers – soak in water for several hours

Boil potatoes for approximately 15 minutes or until tender
Place potatoes on skewers
Brush with olive oil add fresh pepper and salt to taste
Place on the grill over medium heat for 4 minutes on each side

Cocktails and Hors d'oeuvres

Music:

Nelly Furtado
Black Eyed Peas

Dinner Music;

Paris Lounge No. 4
Sade

The Decor:

Several days before the gathering, go to second-hand shops and purchase candle holders, sheer curtains and hand painted glasses to create a romantic but fun elegant feel. Simple colours — browns, whites, bright oranges — and a variety of flowers will enhance the backyard.

Suggested Wines:

Red - Malbac from the Mendoza region of Argentina
White - Chardonnay

Etiquette tip:

When invited to someone's home for a meal, it is always a polite gesture to bring a hostess gift. Nice ideas include; fresh flowers, a bottle of wine, a music CD, candles or a set of napkins.

Celeb Vacation Hotspots

By Heather Greenwood Davis

Everyone needs a getaway, and celebrities are no different. Here's the scoop on five locales where you're most likely to spot one of your favourites. And while autograph requests are frowned on, there's nothing to stop you from grooving beside them on the dance floor.

Miami

Will Smith makes it clear that this is his spot in his hit song ("Miami," of course), and everyone from his wife Jada (try the Delano hotel or Tantra restaurant for a sighting) to Star Jones (a recent guest at the Mayfair Hotel and Spa in Coconut Grove) agrees. Vivica Foxx and **Spike Lee** also make regular stops here. Catch up with hip hop chart toppers at Prive — the exclusive lounge atop the Opium Garden courtyard — in South Beach on Sunday nights. Stay at the Ritz Carlton South Beach (where celeb guests chill on the VIP level) and chances are you'll be brushing your teeth below someone you've seen on the big screen. www.miamiandbeaches.com

Anguilla

Need an island getaway? Join **Denzel Washington**, Diana Ross, Naomi Campbell and others who visit this posh island in the Eastern Caribbean. Upscale sleep-spots like Cap Juluca and Malliouhana Hotel and Spa are magnets for the A-list. Save up and dine at Hibernia and The Straw Hat (meals usually start at around US$100 per person). You could find yourself enjoying lobster next to Beyoncé. Savings low? Try Roy's and the Dune Preserve Bar, where you'll get a great native meal alongside your serving of star power. www.anguilla-vacation.com

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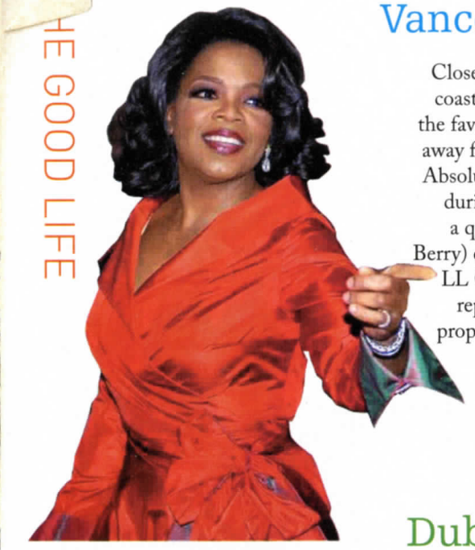

Vancouver

Closer to home is the hotspot on our own west coast. Vancouver has positioned itself as one of the favourite destinations for stars looking to get away from it all. Sample a facial and massage at Absolute Spa (Destiny's Child spent a day there during their farewell concert tour last year) or a quick bite to eat at Blue Water Café (Halle Berry) or the Metropolitan Hotel (Janet Jackson, LL Cool J). **Oprah** liked the city so much she reportedly purchased an 11,000-square-foot property in West Vancouver. Good enough for Oprah? Good enough for you!
www.tourismvancouver.com

Turks and Caicos

The waters around these islands are so blue that no one will believe your photos when you get home. Best star sightings are likely to be on Parrot Cay (the exclusive resort requires you to have a reservation before you can set foot on the private island). Book a spa treatment and spend the day on the lookout for **Morgan Freeman.** The right boat tour may offer you a glimpse of Bill Cosby's home on the rustic Pine Cay or Oprah on the beach on Salt Cay. Or let the celebs sail by you while you sip a Turks Head beer on the beach.
www.turksandcaicostourism.com

Dubai

Sure it's close to Iraq, but some say that's what makes Dubai one of the safest places to be in the Middle East. Most stars try to score a night in the famous Burj al Arab hotel, but with more five-star hotels Per Capita Dubai than any other place in the world, they've got plenty to choose from. Alicia Keys opted for the Mandinat Jumeriah and raved that it was the "best hotel she'd ever been in," and everyone from **Tiger Woods** to the Williams sisters have made return trips. Their shopping festival in January will let you buy what the stars wear at 70-80 per cent off.
www.dubaitourism.co.ae

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Julliette's Place

In 1997 Homeward Family Shelter sought the legal right to operate as Julliette's Place in memoriam of Juliet Reynolds, an ex-resident. Juliet was murdered by her estranged ex-husband and abuser on Mother's Day weekend, 1996. Julliette's Place provides services to abused women, children and single women. The Board of Directors, Management and Staff of the agency also recognize the direct correlation between Women Abuse, Homelessness, and Women's Poverty.

In Addition to temporary shelter; the agency provides:

Crisis intervention on-site and by phone, ongoing informal counselling, advocacy, and education on the issues of Woman Abuse. The agency also provides ongoing support services to ex-residents including: information and referral services, accompaniment and basic living assistance.

Every year, the staff at Julliette's Place supports over 120 individuals in their efforts to re-establish their lives free from violence. Julliette's Place is funded primarily by The Ministry of Community and Social Services, The Ministry of Children and Youth Services,corporations,individual community members, a grant from The Ontario Trillium Foundation and ongoingannual fundraising efforts.

The agency is a registered charity and tax receipts are issued for donations of $10 or more.

Crisis Intervention:
416-724-1316
(24 hours/day)
www.julliettesplace.com

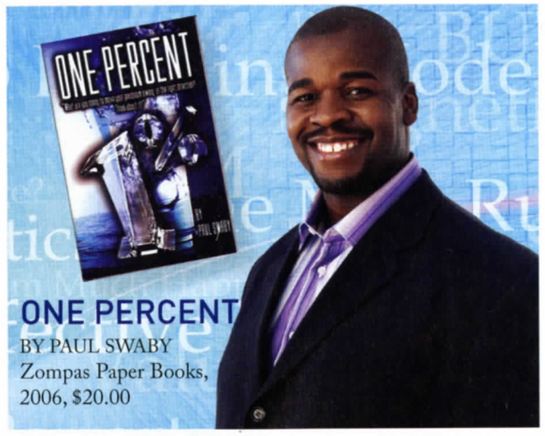
Give a Kid a Great Start

Of the one hundred and fifty clients that Homeward Family Shelter o/a Julliette's Place provides services to more than two thirds of our children annually; the majority of whom attend school. As the summer winds down, mothers who arrive at the shelter with school age children often become preoccupied with finding the necessities to send their child (ren) off to school. It is at this time of year that the staff of Julliette's Place ask community supporters to consider making a school–kit available for at least one child. A school-Kit usually comprises of a back-pack, lined books, pencils, crayons, ruler, eraser a rain-coat and other necessities. There can be as basic or comprehensive as the donor can afford but make an excellent back to school package for any one of our children.

To Make a Donation
Call: 416-724-7322

Secrets of Success

By Sean Liburd



ONE PERCENT
BY PAUL SWABY
Zompas Paper Books, 2006, $20.00

Paul Swaby is well on his way to being included in the tradition of great mind technicians such as Les Brown and Maya Angelou. And he sure keeps busy: a former CFL player, professional speaker, expert on Leadership, author of the audio book Zompas (an acronym meaning Zig Zag Over Mountains Pass Anything Stagnant) and founder of Zompas, a self-coaching consulting company.

His new book, *One Percent*, is a self-empowerment treasure sure to help anyone seeking sustainable change in life. Swaby shares insights from real-life experiences, showing readers how to overcome the greatest enemy to success and fulfillment: oneself, while challenging readers to ask the difficult but necessary questions that each of us must answer before traveling the path of positive growth.

One Percent gives readers a quick, easy-read course in removing obstacles from one's path. Divided into 21 concise chapters with clever titles such as: B.U.T.S., Poverty Mindset, One Mile Run, and T.H.I.N.K., Paul shares the practices that transported him from an annual salary (working in a call center) of $27,040 to $135,000 as a business owner in less than seven years.

The title *One Percent* is a clear illustration of Swaby's philosophy: ask the question, are you giving 1 per cent or 101 per cent to your personal development each day? The pages of this book are replete with acronyms that readers can use as memory tools. Another bonus is the collection of quotes from Swaby's mentors that acts as inspiration and essential references.

One Percent not only provides the ingredients for self-improvement, but reminds us that with each achievement comes the responsibility to pay it forward.

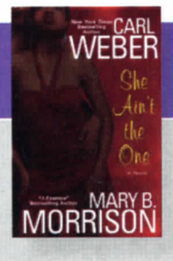
I AM A CHILD OF THE SUN
BY HERON JONES
PoeticSoul Publishing, $20.00

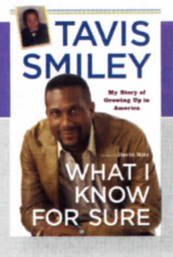
Spoken word continues to grow in the city of Toronto, bringing vibrant and talented young voices such as Heron Jones, to the forefront. In his first published book of poetry *I Am A Child Of The Sun*, Jones takes the reader on a journey that will evoke a range of emotions including joy, fear, hope, love, anger and gratitude. Jones uses his comprehensive knowledge of religion, African history, and society's ills to address issues often avoided.

Exploring life's complexities from a young, black-Canadian perspective, Jones addresses several themes that may be be unsettling for some. He exhibits refreshing candour in dealing with mankind's chaotic ways: addictions, exploitation, religious intolerance and self-hate. The richness and complexities of Heron Jones' poetry sometimes reads like a short story, editorial, or social commentary.

I Am A Child Of The Sun is a revealing collection of thoughts and ideas that will demand your attention, making you question the dark aspects of life while revealing the beauty that we each have the ability to create.

Our Fall Book Previews





SHE AIN'T THE ONE

BY CARL WEBER AND MARY B. MORRISON, Kensington Books, $34.00

Bestselling authors Carl Weber and Mary B. Morrison team up to bring a hot, hilarious, page-turner featuring two of their favourite characters. The path of true love never runs smoothly — and neither does the path of raw desire — as the ultimate player discovers when his next Ms. Right now turns out to be so very wrong.

WHAT I KNOW FOR SURE:

MY STORY GROWING UP IN AMERICA BY TAVIS SMILEY, Doubleday, $31.95

Tavis Smiley, host of the Tavis Smiley on PBS and author of numerous bestsellers including *Hard Left* and *Doing What's Right*, is back with an honest, and deeply moving self portrait.

MIRACLE ON D-ROC'S STREET (Thugaboo) BY WAYANS FAMILY, Cartwheel Books, $6.99

The Wayans present a new series for children (ages 4-8). Miracle on D-Roc's street finds the entire city bursting with holiday cheer, as D-Roc and the Boo Crew discover the true meaning of Christmas.

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No Purchase Necessary. For Contest Rules visit 625 Church Street Toronto Ontario Suite 600

JANET JACKSON: URBAN LEGEND

By Terri-Lynne Waldron

Leave it to the newly svelte Damita Jo, (Ms. Jackson, if you're nasty!), to buck the booty shakin' summer trend and release a slow jam as her comeback single.

With a little help from rapper Nelly, "Call On Me" shows her to be in a sultry, sexy and soulful mood, a throw-back to the classic Janet sound that made her an icon.

The up-coming EMI CD, 20 Years Old, pays homage to the pop/R&B club anthems and baby-making ballads of her 1986 breakthrough record, Control. Longtime producers, Jimmy Jam and Terry Lewis, provide a retro vibe crossed with a modern-day urban twist.

At the age of 39, Jackson has managed to come out somewhat un-scathed from her personal and career woes: multiple marriages, media scrutiny, a Super Bowl debacle and a public battle with the bulge. Much has been made of her recent physical transformation after she gained (and then lost) weight for a movie role that eventually went to Mariah Carey. No hard feelings — 20 Years Old is set to include a duet between the two powerhouse divas.

With her rumored nuptials to producer Jermaine Dupri slated for the day of her CD release (Sept. 26), Jackson may have just trumped Beyonce's publicity stunt of releasing her CD on her birthday.

There may be a handful of young R&B and pop tarts trying to carry the torch that Janet first lit, but how many of them will eventually be able to look an over two-decade career in the face and come full circle?

CORNEILLE: THE SON OF SOUL

Try to remember the last time a Rwandan-born, French-Canadian soul-crooner became an English-language crossover success.

Give up? Me too.

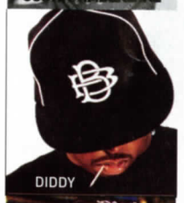
Corneille Nyungura, (or "Corneille," for short), is in a category of his own, on the verge of a major explosion when he releases his debut English-language CD in 2007.

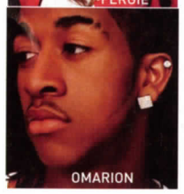
An impassioned singer with a retro musical style, Corneille has become a sensation in Quebec, France, Switzerland and other parts of Europe. A childhood survivor of the Rwandan genocide (in which his entire family disappeared), he escaped to Canada where he struggled to come to terms with his grief and pain.

After a short stint in the Montreal trio O.N.E, Corneille soon carved out a solo career – he has two francophone CDs currently under his belt. His most recent disc, Les Marchands de Rêve, (The Dream Merchants), is infused with lyrics that delve deep into his personal family tragedy.

But his bid for cross-over success wont be a regurgitation of the paint-by-number R&B of today. A fan of classic '60s and '70s artists like Sam Cooke, Stevie Wonder and Marvin Gaye, Corneille hopes to carry on their tradition by creating timeless soul sounds with a message for the masses.

BUZZ ON SINGLES





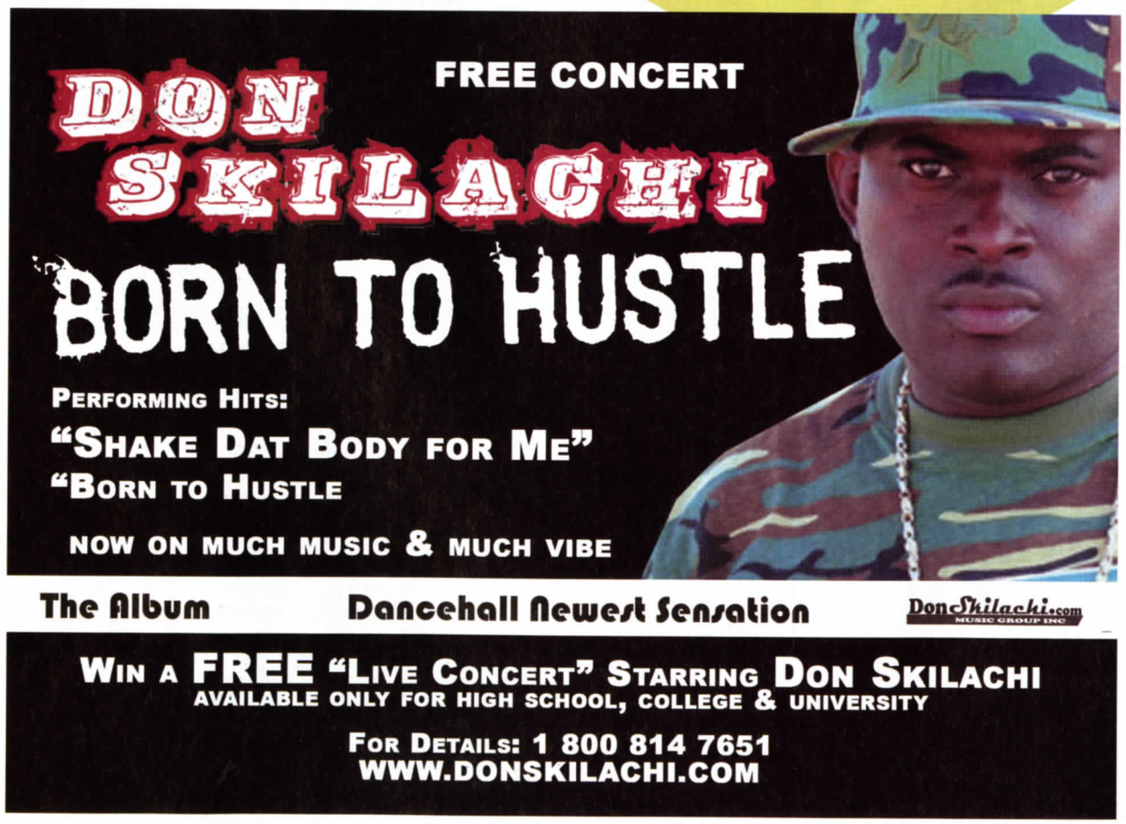
Beyoncé featuring Jay Z
Queen B and Hova kick down the door with yet another smashing R&B collaboration. Beyoncé's frantic vocal delivery — coupled with lyrics that pay tribute to her man — shows just why Ms. Knowles is still crazy in love.

Justin Timberlake
JT raises the bar on his latest record by wrapping his distorted vocals around pulsating electronic beats. Singing about his S&M fantasies, Timberlake leaves sexy behind, and embraces his edgy side.

Diddy
Didy is not so much a rapper as he is a man hell bent on tooting his horn over phat hip-hop beats. But the staccato sounds of his new single "Come To Me" does include a pleasant surprise. Pussycat Dolls singer, Nichole Scherzinger lends her soulful voice to the hook of this funky R&B track.

Fergie
Black Eyed Peas singer Fergie brings her brand of hip hop and R&B to a tongue-in-cheek take on celebrity and fame. Rapping with more attitude than skill, this song may just be this year's "Holla Back Girl."

Omarion
Serving up a slice of old-school funk, Omarion invites that special girl into his inner circle. Leaving his boy band B2K days behind, the 21-year-old now takes up residence in the Penthouse suite of R&B heaven.



FALL ALBUM RELEASES HEAVY ROTATION

FOOD AND LIQUOR is the hotly anticipated September 19 release from rapper (and skateboard aficionado), **Lupe Fiasco**. With friends like Kanye West in his corner, how can he go wrong?

This fall also brings a new CD from hip-hop/soul funksters **The Roots**, who release Game *Theory* on August 29, led by the single, "Don't Feel Right."

Also on the hip-hop side of things this fall, Canadian rappers, **Swollen Members** deliver some *Black Magic*.

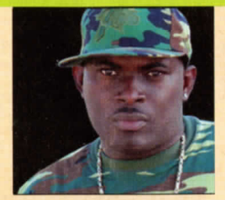
Bringing the R&B/soul will be **Beyoncé's** B-Day (Sep. 5), **Kelly Price's** *This Is Who I Am* (Oct 24), Canadian **Keisha Chanté's** stateside debut, *Kiss* (Dec. 5), **Monica's** *The Making of Me* (Sep. 19), Tyrese's double (rap and soul) CD Black-Ty (Oct. 03), as-yet-untitled discs from **Whitney Houston** (Nov. 14), Mario (Nov. 7), **Ciara** (Nov. 21) and Canadian newcomers **Jodi King** and **George**.

Also this fall: **Justin Timberlake's** *FutureSexLoveSounds* (Sep. 12), **Omarion's** 21 (Oct. 03), **Fergie's** *The Duchess* (Sep. 19), and **John Legend**, who brings back the retro soul with, *Once Again* (date TBA).

On the gospel side, **Kirk Franklin** delivers *Kirk Franklin Presents: Songs From Storm Volume 1* (Nov. 7) and veteran reggae superstar, **Beenie Man** unleashes the CD Undisputed (Aug. 29).

DJ Deko-ze
Delicious (Hi-Bias)
Canada's hardest working DJ, Deko-ze, mixes a tasty melting pot of tribal, electro and funky house grooves and serves it up on this compilation CD. Original tracks and remixes by Danny Tenaglia, Deux and Sherrie Lea and Nick Fiorucci (featuring jaQe), are just samples of what you can expect from Delicious. A one-stop party mix made for muy caliente nights at South Beach clubs

Cassie
Cassie (Warner/Bad Boy/Next Selection)
Pouty-lipped temptress Cassie coos her way through light R&B/hip-hop fare with a mixture of overt sexuality and child-like innocence. Led by the top-five US single "me&u," this 20-year-old may have the muscle behind her (Diddy co-executive produced), but not the natural ability. Her lack of vocal prowess is clearly evident, but Cassie may not need the pipes: stunning good looks mixed with radio-friendly grooves should catapult her to stardom.



Don Skilachi
Born To Hustle (Don Skilachi Music Group)
As a hustler, Don Skilachi is putting his money where his mouth is. He owns both a record label and sneaker company and, on his latest hip-hop-infused reggae CD, he is brimming with confidence like a boxer in training. On the title track, "Born To Hustle," he dares anyone to get between himself and his goals and on "Shake Dat Body For Me," he has his eyes on a prize of another kind. Crossing reggae with hip-hop seamlessly, Skilachi is courting a sound that will be embraced by a diverse musical crowd.

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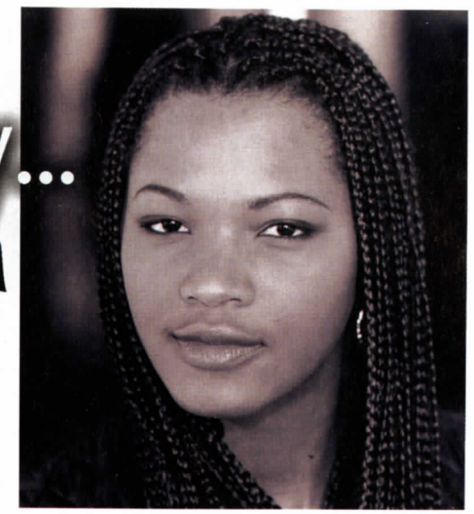

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Whatz Happng Must-go Events for Fall 2006

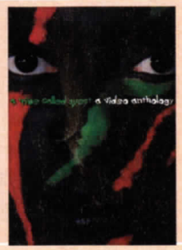
By Darleen Hendrickson

SEPTEMBER 2006

FRI SEPT 15 & SAT SEPT 16
THE FOUR TOPS

World-renowned R&B Hall of Fame members hit the stage to perform their legendary hits: "I'll Be There," "Ain't No Woman (Like the One I Got)," and "I Can't Help Myself (Sugar Pie, Honey Bunch)."
Doors open 8pm, Showtime 9pm. Casino Rama, 5899 Rama Rd., Rama, ON. Tickets: $22. For tickets go to: www.ticketmaster.ca. **For information, see www.casinorama.com**

SUN SEPT 17
A TRIBE CALLED QUEST



They are regarded as one of the groups that helped pioneer the Jazz Rap style. A group unique within the hip hop community for their gangsta rap lyrics that didn't shy away from social issues such as date rape and other controversial topics. Known as one of the most influential groups of the 1990s, they have recently united to take the stage once again.
Doors open 8pm, Showtime 9pm. Kool Haus, 132 Queens Quay. Tickets available at www.ticketmaster.ca or **for more information go to www.theguvernment.com or call 416-869-0045 x231.**

SAT SEPT 23
TURN YOUR LIFE AROUND A half-day seminar

Urban Financial Services Coalition wants to help you Turn Your Life Around. Experience an informative and entertaining seminar teaching easy steps to help you improve various areas of your life. Learn to get out of debt, get your dream job, buy the best type of insurance, and much more!
Doors open 12:30pm / Seminar 1pm. North York Civic Centre Council Chambers, 5100 Yonge.
Free. For details, visit www.ufsc-toronto.org

SUN SEPT 24
MACCA – MOSTLY AFRICAN AND CARIBBEAN AUTHORS

Burke's Foundation presents a literacy tent at the Word on the Street, Canada's largest literary festival, featuring an array of events to highlighted authors from Africa and the Caribbean. A day for all ages filled with dramatic readings, inspiring speakers, performance poetry, African drumming, prizes and surprises.
11am. Word on the Street, Queen's Park, booths 193-196.
For more details, visit www.burkesfoundation.org or call 416-656-5366.

SAT SEPT 30 & SUN OCT 1
TORONTO MUSIC EXPO CONSUMER SHOW

It's the only true music consumer show, with a large assortment of musical interests for the virtuoso to the music enthusiast and everyone in between. Featuring workshops and seminars, hundreds of exhibitors displaying the latest merchandise and accessories and live performances throughout the weekend.
International Centre, 6900 Airport Rd, Suite 120, Mississauga. **For more details, go to www.torontomusicexpo.com or call 416-782-4072.**

OCTOBER 2006

SUN OCT 1
THE 3RD ANNUAL BEVERLY MASCOLL SCHOLARSHIP AWARDS

Camp Jumoke presents this award celebration Inspiring & Motivating Our Determined Youths to achieve their goals and dreams.....
11am-3:30pm. Meridian Banquet Hall, 2301 Keele.
Tickets: Adults $40, Children/Campers $25.
For more information, visit www.jumoke.org or call 416-410-2995.

THURS OCT 12
NATALIE COLE

A legend in her own right, Grammy award-winning artist and daughter of legendary Nat King Cole performs some of her greatest hits, such as "Miss You Like Crazy," "Unforgettable," and "Pink Cadillac."
Door open 7pm, showtime 8pm. Tickets: $27. **For more details, visit www.casinorama.com**

THURS OCT 12 - SUN OCT 28
PLAY: ESU AND THE VAGABOND MINSTRELS

The AfriCan Theatre Ensemble presents this riveting dramatic production full of electrifying music and dance. This uplifting play created by Femi Osofisan about five destitute entertainers at a crossroads awaiting goodies from the worshippers of the god Esu. An old man arrives offering to change the entertainers' lives magically; but proceeds to test them not on how good or bad they are, but on their ability to be imaginative, self-reliant and self-critical within an ethical framework. Directed by Ayo Adewumi.
8pm, Mon-Sat, Centre for the Performing Arts, Distillery District, 55 Mill St., Building 49. Tickets: $25, $18 Students, Seniors, TAPA, PAC, and Teachers. **For more details, go to www.africantheatre.org or call 416- 364-7313. To purchase tickets, call 416-866- 8666.**

SAT OCT 14
"CELEBRATING EXCELLENCE" – CABL 10TH ANNIVERSARY GALA

Celebrating 10 years since its inception, the Canadian Association of Black Lawyers was established to cultivate and sustain professional support for black lawyers and law students in Canada, and to reinvest in the black community. The CABL hosts an award ceremony to recognize the contribution black and other lawyers who've made a significant impact on the black community through their work.
Reception, 6pm, dinner 7pm, dance 9pm. Delta Chelsea Hotel, 33 Gerrard W.
For more details, email CABL Secretary Lisa Alleyne at lalleyne@blgcanada.com

THURS OCT 19
LADYSMITH BLACK MAMBAZO

After performing with Paul Simon, this 10-member acappella group gained notoriety as they made us fall in love with their infectious sound and energy. The sweet harmonies of their traditional music and dance symbolize the power and struggle of their homeland yet lifts the spirits of their audiences worldwide.
8pm. Massey Hall, 178 Victoria.
Tickets: $29.50 - $69.50.
For ticket info, call 416-872-4255 or visit: www.roythomsonhall.com

MON OCT 23 & TUES OCT 24
2006 INNOVERSITY SUMMIT

Founded in 2000, Innoverstiy is a model for change! The annual Innoversity Summit is Canada's premier event focusing on cultural diversity in Canadian media. It is your ticket to the most fascinating and inspiring panel discussions, practical and creative workshops, motivating speakers, opportunities to pitch your latest ideas or talent, and so much more! This is the place for those that work in the media or cultural sectors to see the best diversity practices in action.
Toronto Marriott Downtown Eaton Centre, 525 Bay St.
For more details, visit the website at: www.innoversity.com or call 416-461-6895 x3.

NOVEMBER 2006

THURS NOV 2
UNMASKED

Help Lift the Mask on Mental Health and Addiction! The Centre for Addiction and Mental Health (CAMH) Foundation hosts this inaugural event to help raise awareness and dissipate the sigma related to mental health and addiction in our society. Be part of Toronto's newest and most exciting event with an evening full of delectable food, an auction and amazing entertainment including the soulful sounds of local artist, Kellylee Evans.
The Drake Hotel, 1150 Queen St. W. Tickets: $300.
For more details, visit: www.camh.net/foundation or call Anne-Marie at 416-535-8501 x4324

SAT NOV 4
AFRO CUBAN ALL STARS

A multi-generational, 17 piece band of musicians playing traditional Cuban music. This group was brought together from a project that started as a search for Cuba's long neglected big band musicians from the golden era. Their story eventually became the hugely successful documentary the Buena Vista Social Club.
8pm. Massey Hall, 178 Victoria St.
Tickets: $39.50 - $59.50.
For ticket info, call 416-872-4255 or visit: www.roythomsonhall.com.

SAT NOV 25
ANNUAL WOMEN'S REVUE - 20TH ANNIVERSARY

The Toronto Blues Society celebrates the 20th anniversary of presenting this outstanding revue showcasing the best women in blues. This year is designed to be the best ever featuring Diana Braithwaite, Saidah Baba Talibah, Sue Foley, Rita Chiarelli, Lily Sazz, Ellen McIlwaine and Barbara Klunder, and many more!
Massey Hall, 178 Victoria St.
For ticket info, call 416-872-4255 or visit: www.roythomsonhall.com

Love and marriage in a multicultural world

Today's wedding ceremonies often embrace a variety of customs and tradition.

"When we met there was instant chemistry," says Kyra. "Though we come from different cultures - James was born and raised in the Caribbean and my background is Irish-Canadian - we have a lot in common. We both work in television, we have a cheeseball sense of humour and we were both raised in big, loving families - I have three brothers and two sisters and James has four brothers." James family took to Kyra instantly and Kyra's family loved James.

"My mom was desperate to have a woman in the house," James laughs. "And Kyra's family welcomed me without reservation." They were just one big happy family until the wedding planning began.

It's a growing trend - weddings have become more than just a marriage between two people in love, they are also a marriage of two, sometimes very different, cultures.

"According to Stats Canada 70,000 weddings take place in Ontario each year. A large number of these weddings include interracial or multicultural couples," says Ashifa Jiwani, director of Canada's Multicultural Wedding Show and an event-planning specialist.

Many of those couples will host a wedding that is 100 per cent based on their families' traditions but a growing percentage are looking to add a modern spin to cultural traditions or incorporate multiple customs into the wedding day.

"James' mother wanted an Island wedding; my family wanted Irish dancers, Celtic ballads and plenty of whisky," Kyra shakes her head. "I was keen on having an Asian theme to the wedding. I think James was ready to elope."

The solution was to incorporate a bit of everything but it took a lot of legwork to find the right suppliers. For the most part wedding shows tend to address the needs and traditions of just one culture. It was something that Jiwani and her business partner Wendy Mong have sought to rectify by creating Canada's Multicultural Wedding Show, which will take place November 4th and 5th, 2006 at the Metro Toronto Convention Centre. This exclusive Show will celebrate diversity and offer unique and original solutions, from more than 200 exhibitors, that embrace Asian (East, South, South East, Central), African, Caribbean, European, Middle Eastern, and South American cultures.

"We've carefully selected our exhibitors to ensure that there will be representatives from a variety of cultures in each category," says Jiwani. "We will have close to 200 vendors showcasing stunning floral designs and wedding themes, distinctive wedding fashions and accessories, professional photography, exciting menus, wedding cakes, stationery and more. A bride and groom could plan their whole wedding with the exhibitors that they will find at our Show."

In addition, visitors will be treated to a Multicultural Fashion Show with real-life Brides and Grooms showcasing bridal attire from different cultures. The Show will also offer attendees free wedding planning seminars, themed wedding exhibits and one lucky couple may win their dream wedding by entering the $25,000 Grand Prize Wedding Giveaway.

In the end, Kyra and James had the wedding of their dreams, with a few concessions. They were married at the beach of a friend's private cottage with Chinese lanterns lighting up the night. The bride and groom wore red, a Chinese tradition which symbolizes luck and joy. An Irish ballad sung by Kyra's aunt accompanied the processional and later guests danced to a mix of Celtic music and steel drums. The menu included Curried Goat alongside Beef and Guinness pie. James' mother created a rum-laced fruitcake that shared wedding-cake honours with one soaked in fine Irish whiskey. They danced, drank and celebrated until the sun came up the next morning.

If they were to do it again?

"I wouldn't change a thing except that I would be the first in line at Canada's Multicultural Wedding Show," says Kyra. "It would make planning so much easier."

For show times, ticket information and more information about Canada's Multicultural Wedding Show please visit www.cmwshow.com or call 416-512-0194.

Willie O'Ree
– the first black NHL player

By Dr. Henry Bishop

"You will never play hockey again." Willie O'Ree, approaching the prime of his promising left winger career, heard these devastating words from Dr. Henderson following a horrible incident during a hockey game.

O'Ree, who was playing in the juniors with the Kitchener-Waterloo Canucks during the 1955-'56 season, was going for a power play goal when an opponent cross-checked him, causing him to lose his balance. Seconds later the puck smashed into his face, breaking his cheekbone, nose, and destroying the retina in his left eye, leaving him legally blind at only 21 years old. His career, apparently, was over. Or was it?

William O'Ree was born October 15, 1935 in Fredericton, New Brunswick, the youngest of 13 children. As a youngster, O'Ree loved playing hockey -- he believed it was why he was born. He started playing hockey in homemade skates at age five, and learned to stickhandle with skill and style from family and friends. He was naturally gifted; hockey was his calling and his passion. Like every other Canadian kid who plays hockey, he dreamed of playing in the NHL.

O'Ree also had black predecessors in the world of hockey, most notably Herb Carnegie of Ontario, and Stan "Chook" Maxwell of Nova Scotia who both played for the Quebec Aces. There was the Colored Hockey League of the Maritimes, active between 1895 and 1925 (a book called *Black Ice*, published in 2004, detailed the league's history). O'Ree knew of this hockey history and did not expect to face barriers to his hockey ambitions. "All my knowledge about colour and racism was to come much later in both the game of hockey and game of life," he says.

Though his dream was to play hockey, O'Ree's parents also taught him that there was more to life than sports, that faith, good manners and a good attitude would help him achieve the highest altitude in society. During his school days, O' Ree worked hard to compete, achieve good grades and regularly attended Sunday School. He also loved watching Wild West movies and fishing, both of which he still enjoys today. But at every opportunity he played, played, played hockey.

At the age of 17, O'Ree was considered good enough to play senior boys hockey in the New Brunswick Junior Hockey League. This exposed him to a high level of play and opened the door for scouts to see his game. While playing in Quebec, the famous coach George "Punch" Imlach noticed him and asked him to try out for the highly regarded Quebec Aces. A professional team! O'Ree, although blind in his left eye, had continued to play hockey with the best, keeping his blindness a secret.

During the 1956–57 seasons, O'Ree joined the big leagues with the Aces. There were other black men in the league, including Herbie Carnegie from Ontario, who played on the Sherbrooke team. O'Ree was in demand and won three MVP awards in the Quebec league. Nevertheless, he did not make the NHL.

O'Ree loved and respected Carnegie, but his friend's experience showed him that it was going to be tough to break the NHL colour barrier. Racism certainly raised its ugly head during O'Ree's life in hockey. It wasn't just white players that tried to discredit his abilities – many times during games; crowds taunted him in an attempt to break his spirit. But Willie did not give up, and although he had his share of fights and penalties he was still the top scorer in the league.

In 1957, the Boston Bruins invited the Quebec Aces' top players to training camp. Willie O'Ree was one of the chosen few (remember at that time there were only six NHL teams and each team had only 21 players) being selected out of 736 minor league players was incredible. O'Ree was the only black player on the roster.

After months of training, he was asked to play with the Bruins full-time. On January 18, 1958 on Saturday evening, in a game that was broadcast nationally on Hockey Night in Canada, Willie O'Ree became a history maker when he became the first black player to play in the NHL. The Bruins beat the Montreal Canadians 3-0.

Willie went on to play 1,288 games as a professional in NHL and the Western Hockey League over a 20-year career. Today, O'Ree is the director of Youth Development for the NHL and heads the USA Hockey Diversity Task Force. At 71, he now lives in California, but comes home often. And he still loves hockey!

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Parents with young children should also consider the tax-advantaged benefits of a Registered Education Savings Plan (RESP). An AGF Trust RESP Loan is a great way to help parents save for their children's education with the government's assistance. The federal government provides a Canada Education Savings Grant (CESG) that is like a free bonus of 20%, or up to $400 per child, per year. This is one of the most generous education grants in the world. It can add up to a substantial amount of money over five, 10 or 15 years, and can make a considerable contribution to the future education costs of families.

Saving for the future usually ends up on the bottom of Canadians' to do list. Statistics Canada reports that only one of every three eligible Canadians contributed to an RSP in 2004. John Bennett, Executive Vice-President, Financial Products and Services at AGF Trust Company, explains: "investors need to be educated on the advantages of RSP savings. In the short term, an RSP contribution usually results in an income tax refund that can be reinvested or used to pay down other higher rate debts. Over the long term, RSPs offer investors the benefit of tax-sheltered growth and an effective way to save for their retirement". Also, Mr. Bennett says "an RSP loan can be an important part of a financial plan. Every Canadian should meet with an independent financial advisor to understand what is best for their situation."

An RSP or RESP loan can make sense for those who don't have the extra cash. If you consider borrowing to invest for your retirement or your child's education, remember:

- it's best to borrow when interest rates are low
- AGF's flexible loan terms can help manage your cash flow
- a tax refund can be used to pay down the RSP loan or other higher interest debt such as credit cards
- the CESG can be a great boost to savings for education

Every investor has a unique financial situation and needs to take different factors into consideration. To find out if an AGF Trust RSP or RESP loan is the right strategy for you, consult your independent registered financial advisor or visit AGF.com to locate an advisor near you.

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